

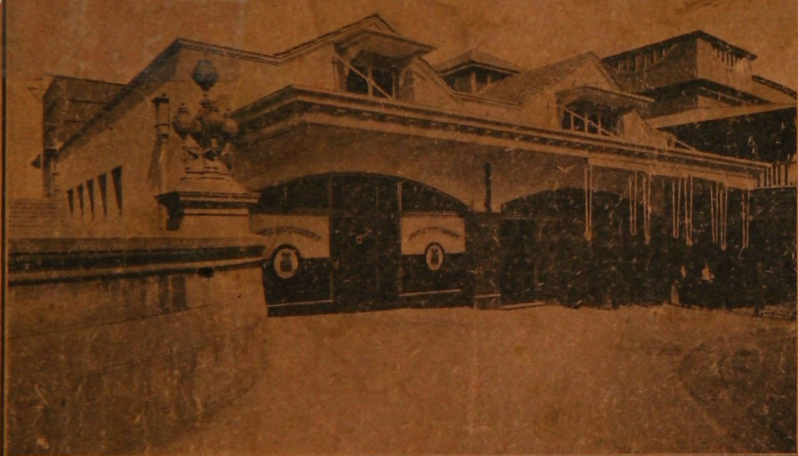


Fish

Supply.

Fish as Food and —Fish Cookery—

With Appendix on Cooking Rabbit and Turtle



Compiled by the Department of Instruction, Central Technical College

Head Office :

METROPOLITAN FISH MARKET

Stanley Street and Victoria Place

SOUTH BRISBANE

By Authority: Anthony James Cumming, Government Printer, Brisbane.

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"Day Dawn" Specialities.

SCHOOL LUNCHES

Can be made more palatable and of a higher food value by mincing (together or separately)

"Day Dawn" { **SEEDED RAISINS**
(Sun-Raysed) { **SULTANAS**
CURRENTS

and spreading between bread and butter.

"Day Dawn" (Sun-Raysed)

Dried Fruits (Seeded Raisins, Sultanas, Currants, and Lexias) in 1 lb. and 3 lb. net Cartons.

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1 lb. Raisins	=	1½ lbs.	Beef
1 lb. "	=	6 "	Apples
1 lb. "	=	5 "	Bananas
1 lb. "	=	4¼ "	Potatoes
1 lb. "	=	4¾ "	Fish
1 lb. "	=	4 "	Milk
1 lb. "	=	2 "	Eggs

"Day Dawn" Anchopati (Fish Paste)

(in Large Glass Jar)

For Sandwiches, Lunch, or Supper.

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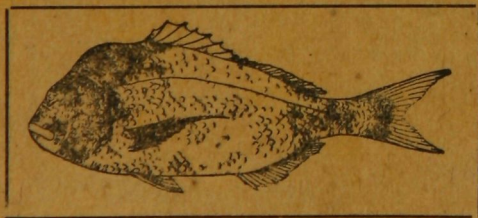


STATE FISH SUPPLY

Fish as Food and Fish Cookery

With Appendix on Cooking Rabbit and Turtle.

Compiled by the Department of Instruction,
CENTRAL TECHNICAL COLLEGE



Head Office :

Metropolitan Fish Market

STANLEY STREET AND VICTORIA PLACE
SOUTH BRISBANE

Anthony James Cumming, Government Printer, Brisbane

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BRISBANE

WHEN THE RECIPE
CALLS FOR
MILK
USE



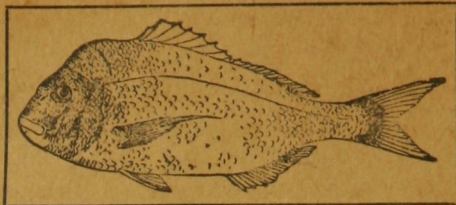
RICHEST *in* CREAM

DIRECTIONS FOR DILUTING APPEAR
ON EVERY TIN.

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Note !

The State Fish Shops

are situated at

**Victoria Place, SOUTH BRISBANE ;
Wickham St., FORTITUDE VALLEY ;
ROMA ST. (next Railway Gates) ;
Fiveways, WOOLLOONGABBA ;**

also at

Brisbane St., IPSWICH

and at

TOOWOOMBA and ROCKHAMPTON.

Go, Anna, at once, and get me a tin of

GOANNA SALVE

for this sore leg.



'Twas on an outback station
Just at the break of day,
The Squatter to his daughter said,
Go, Anna, haste away.

My Overseer is truly bad,
Been ailing all the night,
So speed you on, Go! Anna,
For a salve to put him right.

Go, Anna! now, and quick secure
That salve of great renown,
Goanna, it is aptly called,
Made in far Brisbane town.

Then Anna rode into the town,
And to the storeman cried:
"Have you any salve?" said she,
"I've Goanna," he replied.

Anna did the salve obtain,
Goanna, swift and sure,
Her father did apply the same,
Which did both ease and cure.

Goanna praises now are sung
Throughout the livelong day,
Worth its weight in gold when sent
To dear ones far away.

Many on that far out-back,
Have cause to bless the day
The Squatter cried, "Go! Anna,
For Goanna haste away."

GOANNA SALVE, THE AUSTRALIAN BUSH REMEDY,

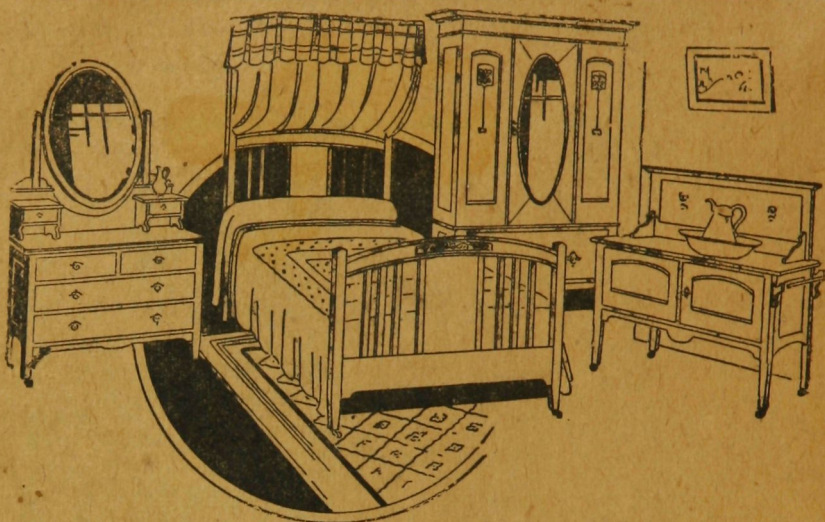
for all Skin Diseases, Piles, Infantile Paralysis, Rheumatism, Lumbago, Contracted Sinews or Muscles, Sciatica, Sprains, Nasal Catarrh, Open Wounds, Sores, Cuts, Ulcers, Bad Legs, Eczema, Poisoned Limbs, Scalp Sores and Dandruff, &c.

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No Other that Can Take Its Place.**

2/9 per Tin Obtainable at Stores, Chemists, or direct from the maker, who will post it free to any address.

Sole Manufacturer: **J. C. MARCONI**, Bulimba, Brisbane, Q'land.

260 George Street



You know F. Tritton Limited, of course.
You know how wonderfully original and
distinctive they are in construction and
design. Now let us tell you the reason of
this in these three words

UP TO DATE

If you require Furniture of Unique Design,
made up of the **Finest Materials**—furniture
that will beautify the Home, call and have
a walk around their Showrooms. You will
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*Special Carriage inducements
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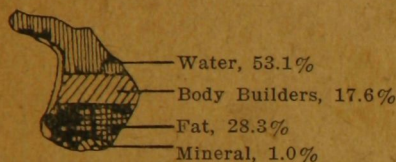
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One Address only:

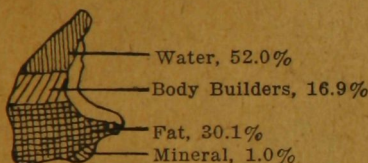
260 George Street - Brisbane.

MEAT.

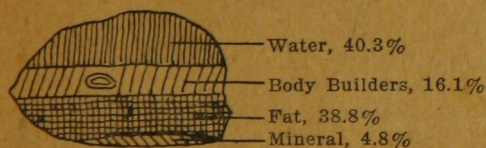
Mutton Chop
(EDIBLE PORTION)



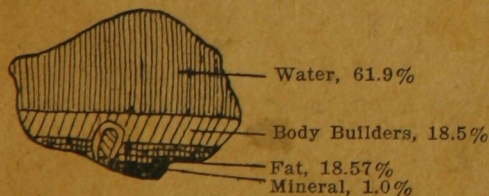
Pork Chop
(EDIBLE PORTION)



Smoked Ham
(EDIBLE PORTION)



Beef Steak
(EDIBLE PORTION)

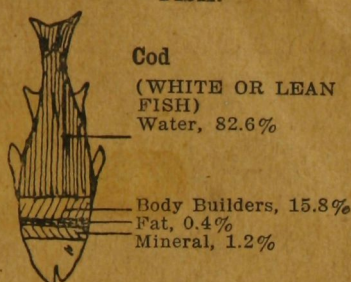


Dried Beef
(EDIBLE PORTION)

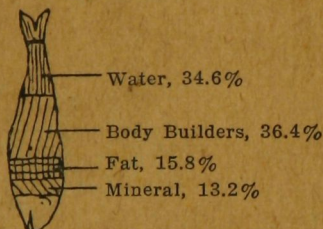


FISH.

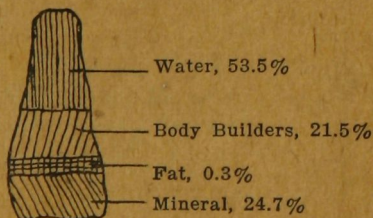
Cod
(WHITE OR LEAN FISH)



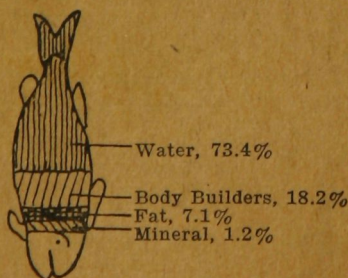
Smoked Herring
(OILY FISH)



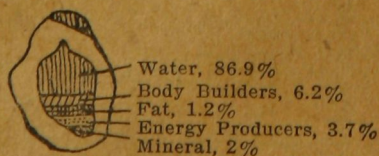
Salt Cod



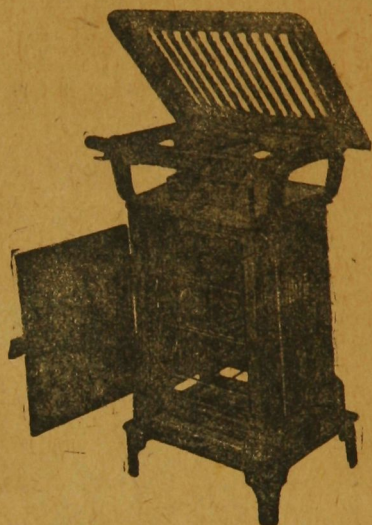
Mackerel
(OILY FISH)



Oyster



Keep Down your Gas Bills by using The "New Love" Gas Stoves



These Stoves are made in Australia and are equal in every respect to the best imported makes. They contain all the latest improvements so far introduced in the building of Gas Cookers which make them without superior on the market. They are fitted with extra large Tops or Hot Plates and extra Burners which give the user all the advantages of larger Stoves at a smaller cost. The Tops are hinged which allows them to be raised, thus making the "New Love" pre-eminent from the point of cleanliness and accessibility. They are extremely economical in gas consumption, being so constructed that none of the heat is wasted, which means the saving of many pounds in the Gas Bills.

Ladies ! Be sure you inspect these Stoves before making your choice, and you will be amply repaid for the trouble.

"Love" in the Kitchen ensures Happiness in the Home.


*Obtainable from all Hardware Stores, Plumbers, etc., or from the
Queensland Agents—*

C. B. Barstow & Co.,

Carter's Building, 142 Charlotte Street, Brisbane.

'Phone: Central 404.

Fish as Food and Fish Cookery



Fish.

Although the supply of fish in the coastal waters of Queensland is practically inexhaustible, the means hitherto employed for catching and distributing the wealth of fish food available have been so inadequate that fish has been looked upon by most people more or less as a luxury to be indulged in only when visiting the seaside. While the price of meat was low, the failure to use fish as a substitute for meat was unnoticed; but the steady rise in the price of stock, coupled with the necessity for husbanding resources, is compelling people to seek for foods to replace meat. Arrangements are therefore being made to catch deep-sea and other fish by trawling, and to establish markets for their sale in convenient centres.

It is expected that it will be possible to supply fresh wholesome fish at a price that will enable it to be used economically instead of meat.

Fish and shellfish are valuable assets to a country because—

- I. They provide foodstuffs in concentrated form and in quantities only second to those obtainable from meat.
- II. They cost nothing to breed or feed.
- III. Their removal from the sea does not reduce its productiveness.

Although as an article of food fish is less satisfying than meat, in the seaboard towns of some countries little or no animal food other than fish is taken, yet the health and vigour of the inhabitants of these places is satisfactory.

ROBUR TEA—every leaf a good one.

FISH AS FOOD AND FISH COOKERY.

WHY FOOD IS TAKEN.

It will be interesting here to consider why food is taken, what kinds of food are needed, and the purpose that each kind of food serves.

The human body is made up of different tissues; tissues are made up of cells; these cells can be analysed to ascertain the substances which make up the human body.

The analysis of cells shows that in a man weighing 150 lb. there are:—

	Lb.	oz.
1. Water, about	91	0
2. Protein (a substance like dried white of egg) and gelatin, about	27	0
3. Fat, about	21	0
4. Sugar and animal starch, about	0	3
5. Lime, magnesia, iron, and other salts, about	10	13
	<hr/>	<hr/>
	150	0

All people daily perform some work. This work is of two kinds, internal and external. Internal work includes breathing, thinking, and the pumping of blood through the body. External work includes all bodily movements such as walking, writing, marching, digging, and the like.

The performance of work, whether internal or external, results in bodily tissue being used up. This using up of tissue must be made good daily by food.

Again, energy is necessary in order that the various functions of the body may be performed. Some foods are tissue-formers; others are energy-producers.

To sum up the various objects of food-taking:

Food is needed:

1. To make new tissue in the growing child or the person recovering from illness.
2. To repair tissue that is used up in doing work.
3. To provide energy for work.

ROBUR TEA will please you.

FISH AS FOOD AND FISH COOKERY.

FOOD THAT IS NECESSARY.

It is important that the food taken should include material that will build up the body and material that will produce energy. If the food taken includes more body-building or tissue-forming material than the body needs, the body is given more work to do in digesting that excess of food than it should be; if the food includes less of this material than the body needs the body wastes away.

From a knowledge of the composition of the body, and observation of the effects of various foods, it has been possible to estimate what quantity of body-building food is needed per day and what quantity of energy-producing food is required to keep the body in good health, though it must be remembered that in childhood, when provision has to be made for growth as well as repair of waste, greater quantities of body-building material are needed, and that the same condition of things has to be considered when selecting food for an invalid recovering from a wasting illness.

To repair tissue and to provide the energy needed for a day's work an adult must take in his food each day—

	Lb.	oz.
1. Water, at least 4 pints	5	0
2. Protein to repair cells and produce heat and energy	0	4½
3. Fat to produce heat and energy ..	0	2
4. Starch and sugar to produce heat and energy	0	14
5. Minerals to repair tissue	0	1

COMPOSITION OF FOOD.

In the table on page 9 the composition of meat and fish is shown, the constituents of these goods named body-builders, fat, mineral, and water.

ROBUR TEA for that headache.

FISH AS FOOD AND FISH COOKERY.

Expressing percentages in concrete form it is found that:

	Body-builders. Protein.	Fats.	Mineral.
1 lb. of mutton chops contains about	2 $\frac{3}{4}$ oz.	4 $\frac{1}{2}$ oz.	$\frac{1}{8}$ oz.
1 lb. of steak contains about	3 „	2 $\frac{3}{4}$ „	$\frac{1}{8}$ „
1 lb. of fish (white) contains about ..	2 $\frac{1}{2}$ „	0 $\frac{1}{15}$ „	$\frac{1}{8}$ „
1 lb. of fish (oily) contains about ..	3 „	1 $\frac{1}{8}$ „	$\frac{1}{8}$ „

Reference to the diagram on page 9 shows, then, that meat and fish contain body-building material and energy-producing material, but it also will show that meat and fish alone do not contain all the food materials necessary or food materials in the correct proportions to maintain the body in health.

Suppose that a man were compelled to live on chops or steak; then in order that he may obtain the necessary 4 $\frac{1}{2}$ oz. of protein he must eat about 1 $\frac{3}{4}$ lb. chops or 1 $\frac{1}{2}$ lb. of steak; but in eating chops or steak he cannot obtain one ingredient without taking others. He must get from the chops nearly 8 oz. of fat or from the steak over 4 oz. of fat although he needs only 2 oz. of fat; also he can get only $\frac{1}{8}$ oz. of mineral instead of 1 oz. which the body requires, and he would not get any of the 14 oz. of starch and sugar that are needed.

Then again, suppose that he could only get fish; in this case he would have to eat from 1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ lb. of fish to get the amount of protein needed; and in the case of the white fish he would get only a small part of the fat and mineral required; while in the case of the oily fish he would get more than enough fat and not enough mineral matter; and in neither case would he get any starch or sugar.

COMBINATION OF FOODS TO PRODUCE A PROPER DIET.

But though meat or fish alone would not give a man all the food he required, yet a combination of food materials can be arrived at that will give him the necessary amount of food and in the correct proportions.

For instance:

	Protein.	Fats.	Starch and Sugar.	Mineral.
1 lb. bread contains about ..	1 $\frac{1}{2}$ oz.	$\frac{1}{3}$ oz.	8 $\frac{1}{2}$ oz.	$\frac{1}{8}$ oz.

ROBUR TEA packed in four distinct grades.

Men's, Women's, and Children's Footwear Needs Fixed Economically at BON MARCHE.

FISH AS FOOD AND FISH COOKERY.

Therefore, if a man were compelled to live on bread alone, he would need 3 lb. daily to supply the necessary amount of protein ($4\frac{1}{2}$ oz.), but he would get only $\frac{3}{4}$ oz. of fat instead of 2 oz., while he would get $25\frac{1}{2}$ oz. starch and sugar instead of 14 oz., and $\frac{1}{2}$ oz. mineral instead of 1 oz. So that just as meat or fish alone will not provide the foods that are required in the requisite proportions, so bread does not constitute an ideal food alone.

To provide the necessary foodstuffs in the proper proportion meals are therefore not chosen from one kind of food only; by instinct people have eaten meat with bread or with potatoes; experiments and observations are now supplying the reasons for what has been the result of choice guided by instinct.

The amounts of foodstuffs in $\frac{3}{4}$ lb. meat and 2 lb. of bread are:

	Protein.	Fats.	Starch and Sugar.	Mineral.
In $\frac{3}{4}$ lb. steak	$2\frac{1}{4}$ oz.	$2\frac{1}{16}$ oz.	..	$\frac{1}{8}$ oz.
In 2 lb. bread	3 „	$0\frac{2}{5}$ „	17 oz.	$\frac{1}{3}$ „
	<hr/> 5 $\frac{1}{4}$ oz.	<hr/> $2\frac{37}{80}$ oz.	<hr/> 17 oz.	<hr/> $\frac{11}{24}$ oz.

Basing his conclusion on such figures as these, Dr. Leonard Hill, Professor of Physiology in the University of London, states: "Two lb. of bread and $\frac{3}{4}$ lb. of meat with a little fruit and plenty of plain water is more than sufficient to maintain an adult in health."

GENERAL RULES FOR DIETS.

In arranging, however, for the supply of food, not only must the necessary foodstuffs in the proper proportion be provided, but further:

- (a) The suitability of the food to the age and condition of the persons for whom it is intended must be studied, and
- (b) Meals must be varied.

Now take a cup of **ROBUR TEA.**

**A Pound will go as far at the BON MARCHE Shoe Stores
as 25s. anywhere else.**

FISH AS FOOD AND FISH COOKERY.

For instance, milk is a suitable food for young children or for invalids, because:

	Protein.	Fats.	Sugar.	Mineral.
1 qt. of milk contains about	1½ oz.	1⅓ oz.	2 oz.	⅓ oz.

All the foodstuffs are represented and in such proportion as to provide for building tissue rather than for producing energy.

Again, certain *kinds of fish* are easily digested and are therefore a good substitute for meat in the diet of invalids.

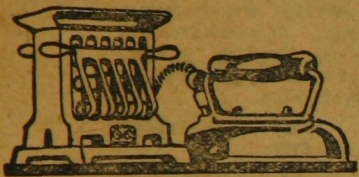
Referring to (b): Just as meat, bread, fruit, and water will provide a healthy diet, so other combinations of food material can be devised that will give the requisite foods in the proper proportions, and thus monotony in diet can be provided against.

Monotonous sounds and sights are disagreeable; monotony in food is disagreeable and wasteful. Meals may consist of good materials chosen for their food value and well cooked; yet if the same kind of food is served in the same way for even a short time the digestive system revolts against it; the food is not relished; digestive juices are not formed in sufficient quantity, consequently part of the food is wasted.

It is because fish very nearly approaches meat in its composition that it can be used so effectively as a substitute for meat. It is approximately as valuable and it helps to provide variety.

ROBUR TEA blended and packed entirely by machinery.

Modern Ways for Modern Housewives !



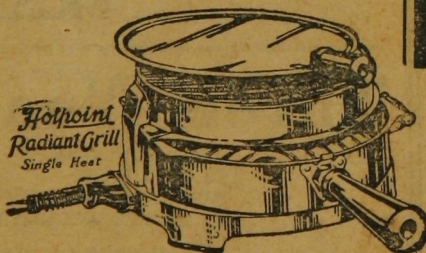
ELECTRIC

COOKING over a hot stove, ironing with irons that must be heated by flame, and changed every few minutes—these old-fashioned methods of doing household tasks are rapidly taking their place with the tallow candle, the spinning wheel, and a legion of other antiquated devices. They are steadily retreating before modern methods made possible by applying electricity to the household.

WHAT up-to-date woman wouldn't appreciate an Electric Iron, which is always ready at the turn of a switch, which doesn't have to be heated over a flame, and stays hot; and Electric Toaster, Griller, and Percolator, which enable her to cook at the table?

AND these are but few of the many appliances for improving your comfort, lightening your labours, and saving money. If you have electric wiring available or anticipate installing Electric Light in your home, get in touch with us, when we will demonstrate these Electrical Conveniences to you and explain the benefits of doing things electrically.

WE do all classes of Electric Lighting Work, Installations, Repairs, etc., and supply Estimates free of cost.



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IN THE KITCHEN.

SOLV-OL SOAP instantly removes
all Grease, Dirt, Ink, Blacklead,
or Boot Polish Stains in a jiffy,
and leaves the hands delightfully
Soft and Smooth.

SOLV-OL SOAP IS REFRESHING
FOR THE HANDS.

ONE TABLET OF SOLV-OL SOAP WILL
CONVINCE YOU

NOT FOR ONE PARTICULAR WOMAN,
BUT FOR ALL PARTICULAR WOMEN.

J. KITCHEN & SONS

PTY., LTD.,

.. BRISBANE ..

Three Years' Results

TOTAL INCOME	- - - -	£962,366
CLAIMS PAID	- - - -	£431,082
BONUS TO POLICY HOLDERS	-	£41,747
RESERVES ACCUMULATED	-	£281,057

*The expenses to date have been less than
18 per cent. of the premiums received.*

The State Government Insurance Office

now transacts

Fire, Life, Marine, and Accident Insurance

on the most favourable terms.

Points for the Insuring Public:—

The Policy of the Office is to reduce Rates to the fullest extent consistent with safety. Reductions of from 20 to 33½ per cent. have already been effected in the Fire and Accident rates current in Queensland prior to the establishment of the Office. All Policies are Guaranteed by the State. All Funds are invested within the State. All Profits belong to Policy Holders.

The State Government Insurance Office

Parbury House, Eagle Street, BRISBANE

JOHN GOODWYN, Insurance Commissioner

BON MARCHE Little Prices for Footwear are Famous
in the Land.

FISH AS FOOD AND FISH COOKERY.

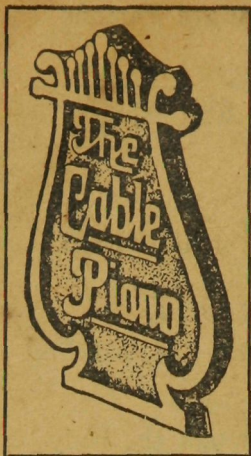
Kinds of Fish and Methods of Cooking.

Edible fish are divided into two classes:—

- I. Those which have fat stored in the liver—*e.g.*, cod, ling, sole, whiting.
- II. Those which have fat distributed through the body—*e.g.*, salmon, mackerel, herring.

Name of Fish.					Usual Method of Cooking.
Barramundi	-	-	-	-	Boiling.
Barracouta	-	-	-	-	Boiling.
Bream, Silver	-	-	-	-	Baking, boiling, frying, steaming.
Bream, Black	-	-	-	-	Boiling, baking, frying.
Cod	-	-	-	-	Boiling, steaming, frying (as steaks).
Blue Cod	-	-	-	-	Boiling, steaming, frying (as steaks).
Eel	-	-	-	-	Boiling, stewing.
Flathead	-	-	-	-	Baking, frying.
Garfish	-	-	-	-	Frying.
Groper	-	-	-	-	Boiling, frying (as steaks).
Gurnet	-	-	-	-	Boiling, frying (as steaks).
Jewfish	-	-	-	-	Boiling.
King Fish	-	-	-	-	Boiling.
Mackerel, Giant	-	-	-	-	Boiling.
Mullet, River	-	-	-	-	Boiling, baking, frying, sousing.
Mullet, Sea	-	-	-	-	Boiling, baking, frying, sousing.
Perch	-	-	-	-	Frying.
Schnapper	-	-	-	-	Boiling, baking, frying.
Skate	-	-	-	-	Boiling, steaming.
Sole	-	-	-	-	Frying, steaming.
Squire	-	-	-	-	Frying, steaming.
Tailor	-	-	-	-	Boiling, baking, frying, sousing.
Trout	-	-	-	-	Frying, steaming.
Trumpeter	-	-	-	-	Boiling, frying.
Whiting	-	-	-	-	Frying, steaming.

ROBUR TEA in all stores throughout Australia.



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*For Purity and Brilliancy of
Tone it cannot be Surpassed.*

The Cable Piano and Inner Player Piano have gained a reputation for Tone, Artistic Finish, and Standing Qualities that places them in the Front Rank, as Musicians' Instruments—and the prices are right.

THE "GULBRANSEN"

*The Player Piano that Plays
- - - with a Soul. - - -*

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Sole Agents for Queensland ;

Music Warehouse - Queen Street, Brisbane.

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BOOTS MADE TO ORDER

All sorts of Leather and Grindery
in Stock.

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'PHONE CENTRAL, 3617.

BON MARCHE Shoes Fit the Pocket as well as the Feet.

FISH AS FOOD AND FISH COOKERY.

Shellfish.

Name of Fish.					Usual Method of Cooking.
Crab	-	-	-	-	Boiling.
Lobster	-	-	-	-	Boiling.
Oysters	-	-	-	-	Best eaten raw; plumping by applying a low degree of heat.
Prawns	-	-	-	-	Boiling.
Shrimps	-	-	-	-	Boiling.

Smoked or Salted Fish.

Bloaters	-	-	-	-	Scalding and frying.
Cod	-	-	-	-	Boiling.
Haddock	-	-	-	-	Scalding, frying, steaming, boiling.
Herrings	-	-	-	-	Scalding and frying.
Ling	-	-	-	-	Boiling.
Roes	-	-	-	-	Frying, boiling.

POINTS TO BE NOTED.

1. Allowing for bone, waste and loss of weight in cooking, about half the original weight of a fish is left.

2. Fresh fish contains about two-thirds as much body-building material as meat.

3. Fish quickly becomes stale and unwholesome in hot weather.

4. Salt or smoked fish contains about $1\frac{1}{2}$ times as much body-building material as meat, but it costs nearly twice as much.

5. Tinned fish, such as salmon, may provide body-building material at a slightly cheaper rate than meat.

6. Fish is at its best when cleaned and cooked just after it has been caught; if it is not to be cooked at once it should be cleaned, sprinkled with salt and pepper, wrapped in a damp cloth, and kept in a cool place.

7. When fish have to be taken over long distances they should be packed in ice.

A cup of ROBUR at eleven, very soothing.

The Simplest and Safest Milk Diet

Lactogen is just pure, rich milk in its most nourishing and most digestible form.

It is widely known as the safest and most satisfactory food for infants and invalids, and it is largely used for general cooking purposes in preference to ordinary milk.

Use it for puddings, custards, soups, etc., and in cocoa and coffee. You will like its smooth, creamy flavour, as well as its convenience and economy.

Lactogen is particularly recommended for all dishes comprising boiled or steamed fish. It makes the most delicious white sauce you ever tasted. It will keep fresh and sweet for a considerable period, even in the hottest weather, and it is easily and quickly prepared for use. Try it to-day!

LACTOGEN

The NATURAL-MILK Food

Sold by Grocers, Storekeepers, and
Chemists everywhere.

FISH AS FOOD AND FISH COOKERY.

8. In choosing fish see that—

- (a) The eyes are bright and not sunken.
- (b) The gills are red.
- (c) The flesh is firm and does not smell tainted.
- (d) The fish is covered with unbroken scales.

TO SCALE AND CLEAN FISH.

Notes:

- 1. Clean fish on a double sheet of newspaper.
- 2. Use a strong sharp knife.
- 3. If the fish is dry, soak it for a short time in tepid water.

Method:

- 1. Scrape off the scales, beginning at the tail.
- 2. Make a slit up the front.
- 3. Take out the entrails; scrape away all dark substances from the backbone.
- 4. Wash well in water to which salt has been added.
- 5. Wipe inside and out with a clean cloth immediately.

Water in which fish is washed or cooked should be scattered over the ground a distance from the house or poured down the sink at once; cold water to which salt has been added should be used to flush the drain; the paper used, together with the scales and refuse, should be burnt or buried.

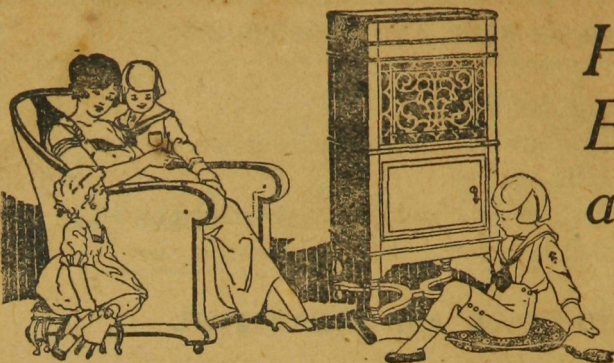
TO FILLET FISH.

Method:

- 1. Place a cleaned fish flat on a board.
- 2. With the point of a sharp knife cut a slit along the backbone from the head to the tail.
- 3. Cut across the root of the tail.
- 4. Cut a slit up the front.
- 5. Insert the knife in the first slit, keeping the fish flat with the palm of the left hand.
- 6. Loosen the flesh from the backbone and ribs.
- 7. Proceed in the same way with the other side.

Note.—The head, backbone, tail, and trimmings are useful for making fish-stock.

ROBUR. The No. 1 Grade is really high class tea.



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Evenings
at Home*

with

The New Edison Diamond Disc Instrument

MUSIC—good music as re-created by the New Edison, brings joy and happiness into the home. It affords a pleasant relaxation after the day's work; has a refining and educative influence on the children, and is an admirable means of entertaining visitors. The New Edison is a perfect Musical Instrument. It marvellously wakes to life again the Recorded voice of Singers and harmony of Instrument. It has been tested in direct comparison with the living artists who made the Records, and the audiences were unable to detect the difference between the real and the re-created. The New Edison renders such subtle inflexion of voice, delicate nuances of tone, and careful enunciation—all interpreted with truth and feeling. It is Edison's final achievement—it re-creates instead of merely imitating. Music Lovers should certainly ask for particulars of the New Edison. Illustrated Literature post free on request. It plays with a genuine Diamond which is everlasting. Our easy payment system brings the purchase of a New Edison within the reach of all.

**Palings 86-88 Queen St.
Brisbane**

and at Toowoomba and Rockhampton

FISH AS FOOD AND FISH COOKERY.

General Rules concerning Methods of Cooking and Preserving Fish.

A.—COOKING.

Directions.	Notes.
Baking:	
1. Scale, clean, and dry the fish.	1. Most medium-sized fishes are suitable for baking.
2. Dredge it with flour, to which pepper and salt have been added.	2. If the fish is not of an oily kind, it is improved by the addition of butter, dripping, or strips of bacon fat.
3. Grease a baking-dish or pie-dish.	3. The time required for cooking fish depends more upon the thickness than the weight of the fish.
4. Pour in $\frac{1}{2}$ cup water or milk.	
5. Put fish into the baking-dish.	
6. Cover with greased paper.	
7. Bake in a moderate oven 40 minutes for a 3-lb. fish.	
8. Serve with white sauce.	
Boiling:	
1. Put into a fish-kettle with strainer, or a saucepan with plate in the bottom, enough water to cover the fish.	1. Thick pieces of large fish are best for boiling.
2. Add 1 dessert-spoonful of salt and 1 dessert-spoonful of vinegar for each quart of water.	2. Small fish should be boiled whole.
3. If for fresh fish bring water to boiling point; if for salt fish do not heat the water.	3. To avoid breaking, the fish may be tied up in cheese-cloth.
4. Put fish into water.	4. The water must simmer only.
5. Simmer till the fish is cooked—the usual time for a thick piece is 30-40 minutes.	5. Over-cooking must be avoided.
6. Serve with sauce.	6. Fish is cooked when a fork easily pierces it and separates flakes of fish.
	7. In boiling fish use the smallest possible quantity of water.
	8. Remove the cooked fish at once from the water and drain it well.

Add a cup of No. 1 Grade **ROBUR TEA**.

HATOLINE STRAW HAT DYE

"THE BETTER KIND"

Hatoline Straw Hat Dye meets every requirement for the discriminating woman. The lure of daintiness is pleasingly satisfied by the smart effects possible with bright, snappy *Hatoline* colors.

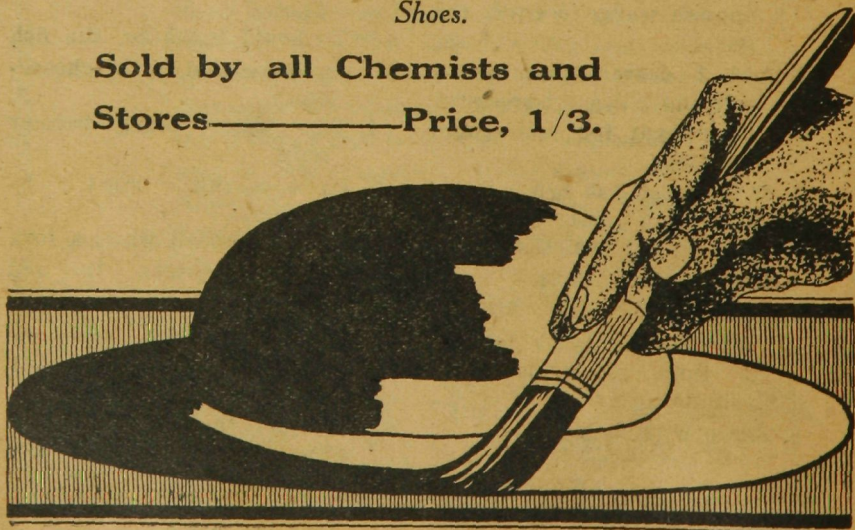
Your last Season's Straw Hat can be made to look like new by applying *Hatoline* with any of the sixteen beautiful colors.

Hatoline Straw Hat Dye spreads smoothly, dries quickly, is water proof and durable, will not fade, does not streak or remain sticky, neither will dampness affect it.

Special Brush for applying is enclosed with each bottle. Use it as it comes from the bottle, spreading it evenly. The hat is then ready to wear.

Other uses for Hatoline—for colouring old and new straw and wicker Baby Carriages, Lamps, Satin, Silk Lamp Shades, Leather Bags or Belts, Canvas Boots or Shoes.

Sold by all Chemists and
Stores ————— Price, 1/3.



FISH AS FOOD AND FISH COOKERY.

Directions.

Notes.

Broiling or Grilling:

1. Heat the gridiron.
2. Rub both sides of the wires with suet or fat.
3. Dry the fish thoroughly; brush it over with butter or dripping.
4. Sprinkle with pepper and salt.
5. Grill for about 10 minutes, turning two or three times with a knife.
6. Serve with lemon.

1. The gridiron must be perfectly clean.
2. The fire must be clear.
3. If smoke is rising from an apparently clear fire it may be checked by throwing salt on the fire.
4. Small fish or steaks of large fish are suitable for grilling.

Frying:

1. Dry the fish thoroughly; roll in flour, pepper, and salt.
2. (a) Roll in egg-batter; (b) roll in flour and milk or flour and water batter; (c) roll in beaten egg; (d) roll in egg and breadcrumbs.
3. Fry in smoking fat from 3 to 5 minutes.

1. For frying, large fish are usually cut into pieces convenient for serving.
2. Small fish are fried whole.
3. Fish may be fried in a pan with a small amount of fat; a deep pan or fish-kettle with sufficient fat to cover the fish is preferable.

For Batter:

- (a) Mix $\frac{1}{2}$ cup flour with 1 egg and 1 tablespoonful of milk; add pepper and salt.
- (b) Mix $\frac{1}{2}$ cup flour with $\frac{1}{2}$ cup of milk or water; add pepper and salt.

4. Fish fry better if they are prepared some time before cooking.

Sousing:

1. Cut the fish into convenient pieces, removing the head.
2. Put into a baking dish or pldish.
3. Pour over fish water and vinegar in proportion of 1 tablespoonful of vinegar to 4 of water.

1. Sousing is a suitable method for any oily fish.
2. Only small quantities of spices must be used.
3. Sliced carrots may be added.

ROBUR TEA in four grades to suit all pockets.

PALINGS PLAYER PIANOS

bind the hearts
of the home
folk with ties
of harmony
and contentment

PALINGS
QUEEN STREET
BRISBANE
AND AT TOOWOOMBA.



AGNEW

Men's, Women's, and Children's Footwear Needs Fixed Economically at BON MARCHE.

FISH AS FOOD AND FISH COOKERY.

Directions.

Notes.

Sousing—continued.

4. Add chopped onion, cloves, mace, ginger, pepper, salt, sugar.
5. Cover with greased paper.
6. Bake till tender; leave in baking-dish.
7. Serve cold with salad.

Steaming:

- | | |
|---|---|
| 1. Put a saucepan three-parts full of water over the fire. | 1. Steaming is cooking in vapour arising from boiling water. |
| 2. Lay small fish flat, or fold fillets of fish over with skin inside on a greased tin plate. | 2. Steaming is more economical than boiling because there is less loss of weight, flavour, and foodstuff. |
| 3. Squeeze lemon-juice over fillets. | 3. It is a suitable method for small fat fish or fillets. |
| 4. Cover with greased paper and a second plate. | 4. Small fish may be steamed in an ordinary steamer. |
| 5. Place on top of a saucepan of boiling water. | |
| 6. Steam for 10 minutes. | |
| 7. Reverse plates; steam 10 minutes. | |

Stewing:

- | | |
|---|---|
| 1. Slice onions and carrot into a stewpan. | 1. Stewing is suitable for oily fish, such as eels. |
| 2. Add butter or dripping, ginger, cloves, pepper, and salt. | 2. Only small quantities of spice must be used. |
| 3. Stir over fire for 4 or 5 minutes; lay fish on the vegetables. | |
| 4. Barely cover with boiling water; simmer till fish is cooked. | |
| 5. Remove stewpan from fire; let stand till cold. | |
| 6. Serve with lemon and salad. | |

Quantity talks—ROBUR TEA has the largest sale.

**A Pound will go as far at the BON MARCHE Shoe Stores
as 25s. anywhere else.**

FISH AS FOOD AND FISH COOKERY.

B.—PRESERVING.

Directions.	Notes.
Salting:	
1. Scale, clean, and wipe fish.	1. This method is particularly suitable for small fish.
2. Make brine of water, salt, sugar, saltpetre in the proportions: 1 quart water; $\frac{1}{2}$ lb. salt; $1\frac{1}{2}$ oz. brown sugar; $\frac{1}{2}$ oz. saltpetre.	2. Salted fish must be well soaked before cooking.
3. Put fish into the brine; allow them to remain in it for 18 hours.	
4. Drain well; place in layers in an earthenware vessel or barrel; cover each layer with salt.	
5. Cover vessel closely to exclude air.	
6. Store in a cool, dry place.	
Smoking or Curing:	
1. Scale, clean out, wash and wipe fish.	1. If the fish is large it must be slit down the backbone.
2. Rub it inside and out with salt; hang it up in a cool place for 24 hours.	
3. Mix bay salt, saltpetre, and brown sugar or treacle in the proportions of 1 oz. salt; 1 oz. saltpetre; $\frac{1}{2}$ oz. sugar, or treacle.	
4. Rub fish well with the mixture.	
5. Hang up in a bough shed over a slow fire of green wood and leave for 7 or 8 days.	

ROBUR "SPECIAL," absolutely the finest tea obtainable.

FISH AS FOOD AND FISH COOKERY.

METHODS OF KEEPING FISH OVERNIGHT.

First—

Gut and scale the fish as soon as possible after purchase, *unless* it be so cleaned when purchased.

When required for table, prepare the fish in any manner desired—the preliminary parboiling not affecting the flavour in any way.

Then—

- (1) Place the fish into tepid water, to which add a little salt, and bring to the boil; then *immediately* lift the fish out, lay it on a rack to drain, after which keep it in a cool spot *away from flies*.
- (2) Remove the head, and place the cleaned fish into a saucepan or other vessel, which should contain sufficient water to entirely cover the fish to be treated.

If the fish be of ordinary size, add salt in the following ratio:—1 oz. salt to 1 pint of fresh water. See that the salt is fully dissolved.

Allow to stand overnight. Drain off the fluid, wipe fish with clean cloth, and then prepare as desired.

It will be found upon eating that practically no trace of saltiness will be noticeable from the overnight soaking.

HINTS ON COOKING SMOKED FISH.

(1) To Grill.

First put the fish into a pot or pan containing cold water and leave it soak therein for several hours or overnight if required for the morning meal. Bring to the boil; then cool and dry the fish, after which rub with clean fat or butter and place on grill.

Grill slowly for about five (5) minutes.

If desired, when serving, flavour to taste with parsley, butter sauce, and the slice of a lemon.

FISH AS FOOD AND FISH COOKERY.

(2) To Boil.

If required for the morning meal it will be an advantage to leave the fish soaking in cold water overnight. Otherwise soak the fish in cold water for several hours, the water then to be poured off and replaced by fresh water.

Bring to the boil slowly and allow to stand for fifteen (15) minutes.

The skin then can be easily separated from the flesh if so preferred.

Add the juice of a lemon when serving. An excellent result is obtained by also adding a sprig of parsley together with milk and butter sauce thickened with a small quantity of arrowroot or cornflour.

SPECIAL RECIPES.

Soups.

FISH STOCK.

Method:

1. Put all bones and trimmings from fish into a saucepan.
2. Cover well with water.
3. Add vegetables, peppercorns, cloves, parsley, and bay leaf.
4. Simmer for 2 hours.
5. Pass through a sieve.

Materials: $\frac{1}{2}$ lb. fish bones; 1 carrot; 1 onion; 6 peppercorns; 3 cloves; sprig of parsley; 1 bay leaf; 1 quart of water.

FISH SOUP.

Method:

1. Heat butter in a saucepan; add flour; blend well.
2. Add fish stock; boil for 3 minutes; stirring constantly.
3. Add milk; reheat; serve.

Materials: $\frac{1}{2}$ pint of fish stock; 1 dessert-spoonful butter; 1 dessert-spoonful flour; $\frac{1}{2}$ cup milk.

OYSTER SOUP.

Method:

1. Remove shells from oysters.
2. Heat butter in a saucepan; add flour and salt; blend well.
3. Add milk and stock.
4. Boil 3 minutes, stirring constantly.
5. Add oysters; remove from fire; serve.

Materials: 1 dozen oysters; 1 dessert-spoonful butter; 1 table-spoonful flour; 1 pint fish stock; $\frac{1}{2}$ pint milk; pinch salt.

ROBUR No. 3, most economical, extra strong, and full flavoured.

KLEPALO

IS SUPERIOR TO CREAM OF
TARTAR FOR ALL BAKING
AND COOKING PURPOSES.

MAKES BETTER SCONES,
CAKES, PASTRY, and BREAD.

How to make Self Raising Flour and Baking Powder with KLEPALO.

For the benefit of the Housewife and Cooks who make
their own Baking Powder and Self Raising Flour, we
give hereunder the mixture used by all the leading
Bakers and Pastrycooks.

Klepalo Self Raising Flour.

9 ozs. Klepalo. 20 lbs. Plain Flour. 4 ozs. Bicarb. Soda.

Mix thoroughly through a sifter and use as required. Wholemeal
S.R. Flour can be made by using half Wholemeal and half Plain Flour.

Klepalo Baking Powder.

9 ozs. Klepalo. 4 ozs. Bicarb. Soda. 4 ozs. Cornflour.

Mix well together through a sifter and put into an airtight container.

For each pound of flour use $1\frac{1}{2}$ teaspoonful of above mixture.

For General Use.

To each pound of Plain Flour use 1 heaped teaspoonful of Klepalo and
half the quantity of Bicarb. Soda, or $\frac{1}{2}$ oz. Klepalo to $\frac{1}{4}$ oz. Soda.

Ask your Grocer for Klepalo to-day.

In $\frac{1}{4}$, $\frac{1}{2}$, and 1 lb. Packets only.

MISS SCHAUER RECOMMENDS "KLEPALO."

Abel Lemon & Co., Pty. Ltd.

Eagle Chambers, Eagle Street, Brisbane.

FISH AS FOOD AND FISH COOKERY.

SHRIMP SOUP.

Method:

1. Remove heads and shells from shrimps.
2. Put them into a saucepan; cover with water.
3. Boil 5 minutes; strain.
4. Heat butter in a saucepan; add flour.
5. Add fish stock, shrimp liquor, anchovy.
6. Boil 3 minutes; add shrimps.
7. Add chopped parsley; serve.

Materials: $\frac{1}{2}$ lb. shrimps; 1 dessert-spoonful butter; 1 dessert-spoonful flour; $1\frac{1}{2}$ pints stock; $\frac{1}{2}$ pint shrimp liquor; 1 teaspoonful anchovy.

Sauces.

WHITE SAUCE (1).

Method:

1. Heat butter in saucepan; add flour; blend well.
2. Add milk and salt.
3. Boil 5 minutes, stirring constantly.

Materials: 1 dessert-spoonful butter; 1 tablespoonful flour; $\frac{1}{2}$ pint milk.

WHITE SAUCE (2.)

Method:

1. Heat stock and milk in a saucepan.
2. Blend flour with a little milk.
3. Pour it into saucepan; add salt.
4. Boil 3 minutes, stirring constantly.

Materials: $\frac{1}{2}$ pint stock; $\frac{1}{2}$ pint milk; 1 tablespoonful flour; pinch salt.

ROBUR TEA, the cup that cheers.

FISH AS FOOD AND FISH COOKERY.

EGG SAUCE.

Method:

1. Boil egg hard and remove shell.
2. Chop up finely.
3. Add it to 1 cup white sauce; heat.

Materials: 1 egg; cup of white sauce.

PARSLEY SAUCE (Maitre d'Hotel).

Method:

1. Wash and chop parsley finely.
2. Add it to 1 cup white sauce; heat.

Materials: 1 teaspoonful parsley; 1 cup white sauce.

LEMON SAUCE.

Method:

1. Squeeze juice from lemon.
2. Add it to 1 cup of white sauce.

Materials: $\frac{1}{4}$ lemon; 1 cup white sauce.

Note.—Using white sauce as a foundation, many sauces both sweet and savoury may be made—*e.g.*, cheese sauce and those given above.

MUSTARD SAUCE (1).

Method:

1. Put butter into a saucepan; heat it; add flour mixed with mustard; stir well.
2. Add vinegar or lemon juice, water, salt, and pepper.
3. Stir till boiling point is reached; remove from fire.
4. Add cream; stir well.

Materials: 1 tablespoonful butter; 1 tablespoonful flour; 1 teaspoonful mustard; 1 tablespoonful lemon-juice or vinegar; pepper; salt; 1 cup water; 2 tablespoonfuls cream.

ROBUR TEA, the best drink of all.

**Men's, Women's, and Children's Footwear Needs Fixed
Economically at BON MARCHE.**

FISH AS FOOD AND FISH COOKERY.

MUSTARD SAUCE (2).

Method:

1. Put butter into a saucepan; heat it; add flour mixed with mustard; stir well.
2. Add milk, salt, pepper; stirring continually; boil for 3 minutes.
3. Add lemon juice or vinegar.

Materials: 1 tablespoonful butter; 1 tablespoonful flour; 1 teaspoonful mustard; pepper; salt; 1 cup milk; 1 teaspoonful lemon juice or vinegar.

Tinned salmon, tinned lobster, or tinned whitebait may be heated in mustard sauce. The result is an excellent dish.

OYSTER SAUCE.

Method:

1. Melt butter in a saucepan; add flour; blend well; add milk; boil for 3 minutes, stirring continually.
2. Add bearded oysters, cream, and anchovy essence; season; heat, but do not boil.

Utensils: 1 fish-kettle or saucepan; small saucepan; wooden spoon; knife; dish.

Materials: 1 schnapper; 1 dozen oysters; 1 tablespoonful butter; 1 tablespoonful flour; $\frac{1}{2}$ pint milk, 2 pinches salt; 1 tablespoonful cream; $\frac{1}{4}$ teaspoonful anchovy essence.

TARTARE SAUCE.

Method:

1. Put butter into saucepan; add flour; blend well.
2. Add milk; bring to boiling point.
3. Add yolk of egg, tarragon vinegar, mixed mustard, cayenne, salt, anchovy essence, and lemon juice.
4. Stir well; serve.

Utensils: Saucepan; spoon; tablespoon; teaspoon.

Materials: 1 tablespoonful butter; 1 dessert-spoonful flour; $\frac{1}{2}$ cup milk; yolk of 1 egg; 1 tablespoonful tarragon vinegar;

ROBUR—The strongest and most economical tea.

**A Pound will go as far at the BON MARCHE Shoe Stores
as 25s. anywhere else.**

FISH AS FOOD AND FISH COOKERY.

1 teaspoonful mixed mustard; cayenne pepper; salt;
 $\frac{1}{2}$ teaspoonful anchovy essence; $\frac{1}{2}$ teaspoonful lemon-
juice.

TOMATO SAUCE.

Method:

1. Heat butter in a saucepan.
2. Add chopped onion and carrot.
3. Fry brown; add flour, sliced tomato, salt, pepper, and water.
4. Cook for quarter of an hour.
5. Strain through a sieve.

Materials: 1 tablespoonful butter; 3 tomatoes; 1 tablespoonful flour; $\frac{1}{2}$ teaspoonful salt; pinch pepper; 1 onion; 1 carrot; 1 pint water.

SAUCE FOR BOTTLING.

Method:

1. Put grated onion into a basin.
2. Add grated rind of lemon, vinegar, salt, sugar, pepper, and mustard.
3. Mix together; bottle.

Materials: 1 small onion; rind of $\frac{1}{2}$ lemon; 1 level cup of vinegar; 1 teaspoonful sugar; $\frac{1}{2}$ teaspoonful mixed mustard; salt and pepper.

SALAD DRESSING.

Method:

1. Boil an egg hard; remove shell.
2. Press yolks through sieve.
3. Add condensed milk, salt, mustard, vinegar, and melted butter.

Materials: 1 egg; 1 dessert-spoonful condensed milk; pinch salt; 1 teaspoonful mixed mustard; 1 dessert-spoonful melted butter; 2, tablespoonfuls vinegar.

ROBUR TEA, quite pure and full of goodness.

Miscellaneous Dishes that may be Prepared from Fish.

BAKED MULLET.

Method:

1. Fillet fish; wash; dry well.
2. Put into a greased piedish.
3. Sprinkle with breadcrumbs, salt, pepper, and lemon-juice.
4. Repeat layers; add milk or water.
5. Place pieces of butter on top; cover with greased paper.
6. Bake for half an hour.

Materials: Mullet; 1 cup of breadcrumbs; juice of $\frac{1}{4}$ lemon; 2 teaspoonfuls butter or dripping; pinch of salt; pepper; 1 cup milk or water.

BAKED STUFFED MULLET.

Method:

1. Wash fish; wipe well inside and out; sprinkle with salt and pepper.
2. Put stuffing into body of fish and sew up.
3. Grease a baking dish or piedish; pour in milk or water.
4. Place fish in baking-dish; cover with greased paper.
5. Bake for $\frac{1}{2}$ an hour; serve with white sauce.

Materials: 1 large mullet; 2 tablespoonfuls dripping; pinch salt and pepper; $\frac{1}{2}$ cup of water or milk; 1 cup white sauce.

ROBUR—the strongest and most economical tea.

You sit down to the table 1,095 times in a year—

but how many meals do you really enjoy.? If your appetite is poorly, and you lack interest and energy in your daily work and recreation, test the beneficial nourishment of **CLEMENT'S TONIC**. This premier Australian remedy is especially good in cases of nervous debility, insomnia, loss of appetite, and similar ailments. **CLEMENT'S TONIC** is sold everywhere ; and when you ask for it, be sure you are served with **CLEMENT'S**.

Clement's Tonic Ltd., N.S.W.

BON MARCHE Shoes Fit the Pocket as well as the Feet.

FISH AS FOOD AND FISH COOKERY.

Stuffing:

1. Mix breadcrumbs, parsley, salt, pepper, and onion.
2. Rub butter through all.
3. Add water.

Materials: 1 cup breadcrumbs; 1 small onion; 1 tablespoonful chopped parsley; pinch salt and pepper; 1 tablespoonful milk or water; 1 teaspoonful of butter or dripping.

COD PIE.

Method:

1. Put cod into a saucepan; cover with boiling water.
2. Simmer 20 minutes; add salt; lift fish out.
3. Break into small flakes.
4. Grease a piedish; sprinkle with breadcrumbs.
5. Cover with a layer of flaked fish.
6. Add a layer of white sauce; cover with breadcrumbs; add layers till dish is full.
7. Put pieces of butter on top.
8. Bake in a hot oven 20 minutes.

Utensils: Saucepan; fork; plate; wooden spoon; piedish.

Materials: $\frac{1}{2}$ lb. cod; 1 cup white breadcrumbs.

For white sauce: $\frac{1}{2}$ pint milk, 1 tablespoonful butter; 1 tablespoonful flour; pinch of salt.

CURRIED FLATHEAD.

Method:

1. Wash and wipe fish inside and out.
2. Cut into convenient pieces.
3. Heat butter in saucepan; add minced onion and apple, sugar, curry powder, blended flour, and salt.
4. Add milk; stir well; boil for 10 minutes.
5. Put in fish; cook for 15 minutes.

ROBUR TEA will serve you right.

FISH AS FOOD AND FISH COOKERY.

6. Boil rice; turn out fish on hot dish; serve with border of boiled rice.

Materials: 1 flathead; 1 onion; $\frac{1}{2}$ apple; 1 teaspoonful of curry powder; 1 cup milk; 1 teaspoonful flour blended in 1 teaspoonful of water; 1 teaspoonful sugar; $\frac{1}{4}$ teaspoonful salt; $\frac{1}{4}$ lb. rice.

DEVILLED WHITEBAIT.

Method:

1. Remove whitebait from tin; pull fish apart; drain.
2. Sprinkle with flour, cayenne pepper, and salt.
3. Put into a frying basket.
4. Fry in smoking fat for 3 minutes.
5. Drain well; sprinkle with chopped parsley, pepper, and salt.
6. Serve hot.

Utensils: Frying kettle; frying basket; tin-opener.

Materials: 1 tin whitebait; $\frac{1}{2}$ teaspoonful cayenne pepper; 1 teaspoonful salt; 1 tablespoonful flour; sprinkling of pepper; 1 tablespoonful chopped parsley.

Note.—Whitebait may be heated in white sauce or tomato sauce.

EELS STEWED.

Method:

1. Wash and skin eel; cut it into pieces.
2. Cover with flour, pepper, and salt.
3. Heat fish-stock or water; add eel, minced onions, cloves, mace, and a small piece of lemon-peel.
4. Simmer $\frac{3}{4}$ of an hour.
5. Take eel out; strain liquor; thicken with blended flour.
6. Pour over fish.

Materials: 1 eel; 1 onion; blade mace; pepper; salt; 3 cloves; $\frac{1}{2}$ lemon rind; 2 cups stock or water; 1 tablespoonful flour.

“ROBUR”—thousands of teapots sing its praises daily.

FISH AS FOOD AND FISH COOKERY.

EELS FRIED IN BATTER.

Method:

1. Clean and cut eel into slices.
2. Place in a basin; add salt, vinegar, and water.
3. Soak for $\frac{1}{2}$ an hour; wipe.
4. Dip in batter; fry in hot fat.

Materials: 1 eel; 2 tablespoonfuls vinegar; 1 pint water; 2 pinches salt; pepper; 2 tablespoonfuls flour; 2 tablespoonfuls milk or water.

FISH CAKES.

Method:

1. Break up cooked fish into flakes.
2. Add breadcrumbs, rice, parsley, salt, and pepper.
3. Form into small balls; dip in beaten egg; roll in browned breadcrumbs.
4. Fry in smoking fat.

Materials: $\frac{1}{2}$ lb. cooked fish; $\frac{1}{2}$ lb. cooked rice; $\frac{1}{2}$ cup white breadcrumbs; 1 dessert-spoonful chopped parsley; 1 egg; 1 tablespoonful flour; $\frac{1}{2}$ cup browned breadcrumbs.

FISH CREAM.

Notes:

1. Fresh, cold, or tinned fish may be used.
2. If cold or tinned fish is used, begin at operation 3.

Method:

1. Scale, clean, and wash fish; wipe well.
2. Steam for 15 minutes.
3. Break up the flesh into flakes.
4. Heat butter; add minced onion; add flour; blend well.
5. Add milk, parsley, flaked fish, lemon-juice, salt, and pepper.

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E v E

**Dainty Garments
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ANTIQUE CHINA AND BRASS.

Albert Square, Adelaide St., BRISBANE.

FISH AS FOOD AND FISH COOKERY.

6. Cook for 5 minutes.
7. Serve on rounds of toast.

Materials: 1 small fish or 1 cup cooked fish or 1 small tin salmon;
1 teaspoonful butter; 1 tablespoonful flour; 1 teaspoonful parsley; $\frac{1}{2}$ cup milk.

FISH CUTLETS.

Method:

1. Heat butter in a saucepan; add flour; blend well.
2. Add milk, flaked fish, white breadcrumbs, salt, and pepper.
3. Lift out small pieces; roll in flour; form into cutlets.
4. Dip in egg; cover in browned breadcrumbs.
5. Fry in smoking fat.

Materials: 1 lb. cooked fish; 1 cup white breadcrumbs; 1 dessert-spoonful flour; 1 dessert-spoonful butter; salt; pepper; egg; $\frac{1}{2}$ cup browned breadcrumbs.

Notes:

1. Cold or tinned fish may be used.
2. Mashed potatoes or cold rice may be used instead of white breadcrumbs.

FISH AU GRATIN.

Note: Fresh fish or remains of cooked fish may be used.

Method:

1. Wash and wipe fresh fish; or flake cooked fish.
2. Grease a piedish; sprinkle with breadcrumbs; lay in pieces of fish.
3. Add layer of sliced onion, salt, and pepper.
4. Continue process until dish is full, finishing with breadcrumbs.
5. Add stock or water.
6. Bake for $\frac{1}{2}$ an hour.

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Economically at BON MARCHE.**

FISH AS FOOD AND FISH COOKERY.

Materials: 1 mullet or 1 cup cooked fish; 1 cup breadcrumbs; 1 onion; 1 cup stock; $\frac{1}{4}$ teaspoonful salt; pinch of pepper.

FISH IN JELLY.

Method:

1. Soak gelatine in $\frac{1}{2}$ cup water for 1 hour.
2. Place filleted fish in a baking-dish.
3. Add grated carrot, onion, sugar, soaked gelatine, vinegar, peppercorns, salt, cloves, and remainder of water.
4. Bake for 15 minutes; remove fish; strain liquor.
5. Damp a mould; decorate with hard-boiled egg and parsley.
6. Arrange pieces of fish in mould; add strained liquor.
7. Place mould on ice; turn out when set.

Materials: 1 large fish; 1 onion; 1 carrot; 1 teaspoonful sugar; 6 sheets gelatine; $\frac{1}{2}$ cup vinegar; 3 peppercorns; $\frac{1}{2}$ teaspoonful salt; 3 cloves; 1 pint water.

FISH KROMSKIES.

Method:

1. Mix fish, breadcrumbs, rice, parsley, salt, and pepper as for fish balls.
2. Form into small rolls.
3. Roll up in bacon.
4. Cover with batter.
5. Fry in hot fat.

Materials: $\frac{1}{2}$ lb. cold cooked fish; $\frac{1}{4}$ lb. cooked rice; $\frac{1}{4}$ cup white breadcrumbs; 1 dessert-spoonful parsley; 2 thin slices cooked bacon; 1 cup batter. (*See directions for frying.*)

FISH AND OYSTER PIE.

Method:

1. Scale and clean fish; place it in baking-dish.
2. Add water; cover with greased paper.

ROBUR TEA, packed in Australia for Australians.

**A Pound will go as far at the BON MARCHE Shoe Stores
as 25s. anywhere else.**

FISH AS FOOD AND FISH COOKERY.

3. Bake till tender; remove from oven.
4. Skin and flake fish; add pepper and salt.
5. Put butter into saucepan; add flour; melt over fire, stirring till smooth.
6. Add milk; stir well; boil for 3 minutes; add salt; remove from fire.
7. Add oysters cut into halves.
8. Put layer of flaked fish into a greased piedish.
9. Cover with oyster sauce, sprinkle with white bread-crumbs.
10. Place small pieces of butter on top.
11. Heat thoroughly in hot oven.

Utensils: Knife; baking-dish; greased paper; fork; piedish; saucepan; wooden spoon; grater.

Materials: 12 oysters; 1 fish; 1 tablespoonful butter; 1 table-spoonful flour; 1 cup milk; 1 cup white breadcrumbs; pepper and salt.

FISH PUDDING.

Method:

1. Break up cooked fish into flakes.
2. Add mashed potatoes, butter, salt, and pepper.
3. Grease a pudding basin and put mixture in.
4. Steam for 1 hour.

Materials: 1 lb. cold fish; 1 lb. potatoes; 1 pinch salt; pepper; 1 teaspoonful butter.

Note.—In this dish tinned fish may be used.

FISH SAVOURY.

Method:

1. Wash first; put it into a baking tin.
2. Sprinkle with salt and pepper; cover with greased paper.
3. Cook till tender; remove skin and bone; flake.

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in the Land.

FISH AS FOOD AND FISH COOKERY.

4. Melt butter in a saucepan; add flour, milk, and flaked fish.
5. Cover patty-tins with puff pastry.
6. Place fish in centre; cover with pastry.
7. Brush over with egg; make a hole in centre; bake in hot oven.

Utensils: 1 baking-tin; fork; knife; saucepan.

Materials: 1 fish; 1 teaspoonful butter; 1 teaspoonful flour; pinch of salt and pepper; $\frac{1}{2}$ lb. puff pastry; 1 gill milk.

FISH AND TOMATO PIE.

Method:

1. Fillet fish; wash; wipe well.
2. Grease a piedish; put in a layer of fish.
3. Cover with a layer of sliced tomatoes.
4. Sprinkle with salt, pepper, and sugar; repeat layers.
5. Add water; cover with greased paper.
6. Bake for $\frac{1}{2}$ an hour.

Materials: 1 large fish; 1 lb. tomatoes; 2 teaspoonfuls sugar; $\frac{1}{4}$ teaspoonful pepper; 1 teaspoonful dripping; $\frac{1}{4}$ cup water; $\frac{1}{4}$ teaspoonful salt.

HADDOCK BALLS.

Method:

1. Wash and peel potatoes; cut into even-sized pieces.
2. Put into saucepan; add salt; cover with water.
3. Cook till tender; strain and mash.
4. Wash haddock; put it into a saucepan.
5. Add water; cook 10 minutes.
6. Take fish out; flake; add potatoes.
7. Add eggs, pepper, and butter.
8. Form into balls; roll in flour.
9. Fry in hot fat.

Materials: $\frac{1}{2}$ lb. haddock; 3 large potatoes; 1 egg; 1 table-spoonful flour, 1 teaspoonful butter.

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BON MARCHE Shoes Fit the Pocket as well as the Feet.

FISH AS FOOD AND FISH COOKERY.

KEDGEREE.

Method:

1. Boil an egg hard; put it into cold water; remove shell.
2. Chop up the white into small pieces.
3. Add flaked fish, boiled rice, salt, and pepper.
4. Heat dripping in a pan; put in fish mixture.
5. Turn about till hot; serve on hot plate.
6. Garnish with yolk of egg.

Materials: 1 egg; 1 lb. fish; 1 cup boiled rice; salt; pepper; 1 tablespoonful dripping.

Note.—Tinned fish may be used for this dish.

OYSTER PATTIES.

Method:

1. Melt butter in a saucepan; add flour and milk.
2. Cook for 3 minutes; add oysters; add salt and pepper.

Puff Paste.

1. Sift flour and salt into a bowl; add lemon-juice and water; make into a dough.
2. Roll out; place butter in centre of pastry; fold over; secure ends; press butter in.
3. Roll out from you; fold over; roll out seven times; cut into circles; half cut circle in centre.
4. Brush over; put on flat tin; cook in hot oven.
5. Remove centre; fill with oyster mixture.
6. Place centre on; garnish with parsley.

Utensils: Saucepan; wooden spoon; sieve; rolling-pin; cutter; spoon; baking-tin; dish.

Materials: 1 dozen oysters; 1 tablespoonful butter; 1 tablespoonful flour; $\frac{1}{2}$ pint milk; $\frac{1}{2}$ lb. butter; $\frac{1}{2}$ lb. flour; juice of $\frac{1}{2}$ lemon; $\frac{1}{2}$ cup water; yolk of an egg; 2 sprigs parsley.

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FISH AS FOOD AND FISH COOKERY.

QUENELLES OF FISH.

Method:

1. Rub fish through a hair sieve.
2. Season with pepper and salt.
3. Add egg; shape between greased spoons; drop into pan of boiling milk.
4. Cover pan with greased paper; poach for 10 minutes.

Utensils: Sieve; 2 spoons; frying pan; greased paper.

Materials: 1 cup cooked or uncooked fish; pepper; salt; 1 table-spoonful butter; 1 egg; 1½ cup milk.

FOR GARNISHING.

Method:

1. Use milk in which quenelles were poached for making white sauce.
2. Colour half of sauce pale pink.
3. Coat quenelles alternately white and pink.

Utensils: Saucepan; wooden spoon; teaspoon.

Materials: 1 cup milk; 1 dessert-spoonful butter; 1 dessert-spoonful flour; a few drops of colouring matter.

Note.—A pestle and mortar are useful for preparing fish before serving.

SALMON CUTLETS AND GREEN PEAS.

Method:

1. Flake salmon; remove bones and skin; season with nutmeg, grated lemon rind, juice of lemon, pepper and salt.
2. Add white breadcrumbs and yolk of egg; mix well.
3. Form into balls; roll in flour, pepper and salt; dip in white of egg; roll in crushed vermicelli.
4. Shape into cutlets; fry in smoking fat.
5. Drain on paper; insert ½ inch of raw macaroni in end of cutlet; serve with green peas.

ROBUR TEA smoothes the wrinkles from your brow.

FISH AS FOOD AND FISH COOKERY.

Utensils: Knife; fork; sieve; bowl; wooden spoon; teaspoon; cup; frying-kettle; paper.

Materials: 1 tin salmon or $\frac{1}{2}$ lb. cold boiled salmon; 1 cup white breadcrumbs; 1 egg; $\frac{1}{2}$ cup vermicelli; $\frac{1}{2}$ lemon; pepper; salt; nutmeg; 1 tablespoonful flour; 1 stick of macaroni.

SALMON MAYONNAISE.

Method:

1. Remove salmon from tin.
2. Melt butter in a saucepan; add flour; blend well.
3. Add milk, gradually stirring all the time; boil for 3 minutes.
4. Add sugar, mustard, eggs, vinegar, salt, and cayenne; mix well.
5. Put salmon into salad-bowl; pour dressing over salmon.
6. Garnish with cut lettuce, hard-boiled egg, and sliced tomato.

Utensils: Saucepan; opener; wooden spoon; knife; salad-bowl.

Materials: 1 tin salmon; 1 tablespoonful butter; 1 tablespoonful flour; 1 cup milk; 1 egg; 1 teaspoonful mixed mustard; 1 teaspoonful sugar; 1 tablespoonful tarragon vinegar; pinch salt; cayenne; 1 hard-boiled egg; 1 lettuce; 1 tomato.

SALMON AND POTATOES OR RICE.

Method:

1. Remove salmon from tin.
2. Put a layer into a greased piedish.
3. Cover with a layer of rice or potatoes; add salt, pepper, and vinegar.
4. Continue process till dish is full.
5. Cover with greased paper.
6. Bake for $\frac{1}{2}$ an hour.

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FISH AS FOOD AND FISH COOKERY.

Materials: 1 tin salmon; 1 cup cooked rice or mashed potatoes;
1/2 teaspoonful salt; pinch pepper; 1 tablespoonful
vinegar; 1 teaspoonful dripping.

SARDINES ON TOAST.

Method:

1. Remove sardines from tin.
2. Cut bread into thick slices.
3. Toast slices; spread with butter.
4. Put three sardines on the centre of each round of toast;
sprinkle with pepper and salt.
5. Cover with white sauce.

Materials: 1 tin sardines; 3 slices of bread; pinch salt; pinch
pepper; 1/2 cup white sauce.

Fish Diet Analyses.

Some interesting analytical tests on the subject of fish diet have been made by Mr. J. Brownlie Henderson (Government Analyst). The fish dealt with were whiting, bream, and mullet, and oysters were also included. The object was to ascertain the exact value of these products for dietary purposes, and the following results were obtained:—

Name of Fish.	Water.	Body-builders.	Fat.	Minerals.
	Per cent.	Per cent.	Per cent.	Per cent.
Whiting	70	19.4	0.4	1.2
Bream	74.6	21.5	2.4	1.5
Mullet	72.6	23.4	2.7	1.3
Smoked Mullet ..	55.5	31.8	3.7	9.0
Oysters	87.3	9.4	1.4	1.9

A present for mother—5 lb. of SPECIAL GRADE ROBUR.

FISH AS FOOD AND FISH COOKERY.

**Receipts showing the Method of Cooking
Oysters, Crabs and Rabbits.**

OYSTERS DEVILLED.

Method:

1. Into a saucepan put the tomato sauce, mixed mustard, lemon juice, pepper, salt, and blended cornflour.
2. Bring to boiling point; remove from fire.
3. Drop the oysters in above mixture and reheat for 2 minutes.

Materials: 6 oysters; 1 cup of tomato sauce; $\frac{1}{4}$ teaspoonful mixed mustard; 1 teaspoonful cornflour; 1 teaspoonful water; $\frac{1}{2}$ teaspoonful lemon juice; pepper; salt.

OYSTERS IN TOMATO.

Method:

1. Put macaroni into boiling water to which salt has been added.
2. Boil for 30 minutes; drain; chop fine; add oysters cut into halves, also pepper, salt, and nutmeg.
3. Scoop out pulp of tomato; fill with mixture.
4. Bake on a greased tin for 10 minutes; serve on buttered toast.

Materials: 1 tomato; 3 oysters; 1 oz. macaroni; nutmeg; pepper; salt; 1 slice buttered toast.

OYSTERS IN POTATO.

Method:

1. Melt butter; add flour and blend well.
2. Add milk, stir well till boiling point is reached; add salt and pepper.
3. Put in oysters, pour into greased piedish.
4. Cover with lightly mashed potatoes; heat thoroughly.

Materials: 6 oysters; 1 dessert-spoonful of butter; $\frac{1}{2}$ cup milk; 1 tablespoonful flour; pepper; salt; $\frac{1}{2}$ cup mashed potato.

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SUN-RAYSED FRUITS.

"For everyday recipes in the home you cannot have a better standby than SUN-RAYSED Fruits (Currants, Sultanas, Lexias)."

The following are fine Tested Recipes:—

SUN-RAYSED LEXIA LOAF.

1 lb. 2 ozs. of flour, $\frac{1}{2}$ lb. butter or lard, 9 ozs. sugar, $\frac{1}{2}$ lb. SUN-RAYSED lexias, 1 good sized egg, and milk.

METHOD.—Weigh flour, sugar, and lard or butter, then rub the lard well into the sugar, add lexias (4 or 5 crown) and a good table-spoonful of baking powder, then mix with well-beaten egg and milk. This will make two loaves.

SUN-RAYSED EGGLESS CAKE.

$\frac{1}{2}$ lb. short crust or puff paste, 6 ozs. SUN-RAYSED currants, $\frac{1}{2}$ teaspoonful mixed spice, 3 ozs. sugar, $\frac{1}{2}$ oz. butter.

METHOD.—Divide the paste into 12 pieces rolled out, and cut into rounds of even size, mix the currants, sugar, and spices together, put about a dessertspoonful on each round of paste, a tiny bit of butter, and a few drops of water. Moisten the edges, draw together over the top, flatten a little with the hand, turn over, and roll very lightly, then place them in a baking tin and brush over with beaten egg. Make 3 or 4 cuts (incisions) over the top; bake about 25 minutes.

SUN-RAYSED BACHELOR CAKE.

$\frac{1}{2}$ lb. butter or good dripping, $1\frac{1}{2}$ lb. flour, 1 teaspoon cinnamon, lemon peel if liked, 3 teaspoons carbonate of soda, $\frac{1}{2}$ lb. sugar, 1 lb. mixed SUN-RAYSED fruit, spice to taste, 3 small cups milk, $\frac{1}{2}$ teaspoon tartaric acid.

METHOD.—Beat butter and sugar together. Mix in usual way, dissolving soda in milk, and the acid in a little water (add this last and stir well). Bake in a moderate oven for 1 hour. Have oven hot enough to cause cake to rise quickly, but must not brown too soon. Cooks best in a baking dish, and makes about 4 lbs.

SUN-RAYSED FRUIT CAKE.

$\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 4 large eggs, 10 ozs. flour, 1 lb. SUN-RAYSED currants, $\frac{1}{2}$ lb. lemon peel, $\frac{1}{2}$ lb. almonds, $\frac{1}{2}$ teaspoonful carbonate soda, 1 teaspoonful cream of tartar. Cream butter and sugar together. Add eggs one at a time, beat well after each egg is added. Add SUN-RAYSED currants and peel, then flour, in which the soda and tartar were well sifted.

SUN-RAYSED CURRANT PATTIES.

1 oz. cornflour, 4 ozs. SUN-RAYSED currants, 1 lemon, 4 ozs. castor sugar, $\frac{1}{2}$ oz. butter, short crust paste.

METHOD.—Line some patty-pans with thinly rolled out short crust paste, providing paste covers for each. Mix the cornflour with a gill of cold water, stir in the grated rind and juice of a lemon, the currants, and the sugar. Cook all together for 5 minutes, stirring all the time, and add the butter; mix well, fill the paste lined patty-pans with the preparation, wet the edges of the paste, put on the covers, brush over with sweet milk, and bake 20 minutes.

C. J. DeGARIS, Director of Publicity, A.D.F.A., Mildura (Vic.).

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as 25s. anywhere else.**

FISH AS FOOD AND FISH COOKERY.

FISH AND OYSTER PIE.

Method:

1. Scale and clean fish; place it in baking dish.
2. Add water; cover with greased paper.
3. Bake till tender; remove from oven.
4. Skin and flake fish; add pepper and salt.
5. Put butter into saucepan; add flour; melt over fire, stirring till smooth.
6. Add milk; stir well; boil for 3 minutes; add salt; remove from fire.
7. Add oysters cut into halves.
8. Put layer of flaked fish into a greased piedish.
9. Cover with oyster sauce, sprinkle with white bread-crumbs.
10. Place small pieces of butter on top.
11. Heat thoroughly in hot oven.

Materials: 12 oysters; 1 fish; 1 tablespoonful of butter; 1 table-spoonful flour; 1 cup of milk; 1 cup white bread-crumbs; pepper and salt.

OYSTERS STEAMED.

Method:

Open oysters and place same in a greased mould. Cover with greased paper and steam for 2 minutes; add salt. Serve on buttered toast.

Materials: 6 oysters; $\frac{1}{2}$ teaspoonful of butter; salt; slices of buttered toast.

BOILED SCHNAPPER AND OYSTER SAUCE.

Method:

Wash fish and put into a fish kettle or tie in a net and put into saucepan. Add boiling water and salt; cover; boil till tender. Lift out; place on a dish and cover with oyster sauce; serve.

ROBUR TEA—so strong, so pure, so fragrant.

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in the Land.

FISH AS FOOD AND FISH COOKERY.

OYSTER SAUCE.

Melt butter in a saucepan, then add flour blended well; add milk and boil for 3 minutes, stirring continually. Add bearded oysters, cream, and anchovy; season; heat but *do not boil*.

Materials: 1 schnapper; 1 dozen oysters; 1 tablespoonful butter; 1 tablespoonful flour; $\frac{1}{2}$ pint milk; 2 pinches salt; 1 tablespoonful cream; $\frac{1}{4}$ teaspoonful anchovy essence.

OYSTER PIE.

Method:

Melt butter; add flour and blend well; then add milk and stir till boiling point is reached. Add oysters, season with pepper and salt, and pour into greased piedish. Add white breadcrumbs, then cover with browned breadcrumbs; add butter, and heat thoroughly.

Materials: 1 dessert-spoonful butter; 1 teaspoonful flour; $\frac{1}{2}$ cup milk; 6 oysters; pepper; salt; $\frac{1}{4}$ cup white breadcrumbs; 1 tablespoonful browned breadcrumbs; 1 teaspoonful butter for top.

SCALLOPED OYSTERS.

Method:

Open oysters, remove beards, and strain the liquor into a basin. Add to liquor—sauce, oysters, pepper, and salt. Put the mixture into shells, cover with breadcrumbs, and bake for five (5) minutes.

Materials: 3 oysters; 2 tablespoonfuls white sauce; oyster liquor; 1 tablespoonful breadcrumbs; salt; pepper.

OYSTERS ON SHELLS.

Method:

Scrub shells clean. Open, loosen, and place oyster on deep shell. Add salt, pepper, and lemon, and serve with brown bread and butter.

Materials: 3 oysters; brown bread and butter; salt; pepper; $\frac{1}{2}$ lemon.

ROBUR TEA obtainable from all grocers.

OYSTER AU GRATIN.

Method:

Grease a piedish and sprinkle with breadcrumbs. Put in a layer of oysters, then add sauce, pieces of butter, salt, pepper, and breadcrumbs. Continue this process till dish is full. Bake for five (5) minutes.

Materials: 6 oysters; 1 teaspoonful of butter; 2 tablespoonfuls of white sauce; $\frac{1}{4}$ cup of breadcrumbs; salt; pepper.

WHITE SAUCE (1).

Method:

Heat the butter in a saucepan, add flour and blend well; then add milk and salt, stirring constantly. Boil for five (5) minutes.

Materials: 1 dessert-spoonful of butter; 1 tablespoonful of flour $\frac{1}{2}$ pint of milk.

WHITE SAUCE (2).

Method:

Heat the stock and milk in a saucepan. Blend flour with a little milk, and pour into saucepan; add salt and boil for three (3) minutes, stirring constantly.

(See page 35.)

Materials: $\frac{1}{2}$ pint of stock (see page 33); $\frac{1}{2}$ pint of milk; 1 tablespoonful of flour; and pinch of salt.

EGG SAUCE.

Method:

Boil the egg hard and remove shell. Chop finely, and add to white sauce, then heat.

Materials: 1 egg; cup of white sauce.

PARSLEY SAUCE (Maitre d'Hotel.)

Method:

Wash and chop parsley finely, then add to white sauce, and heat.

Materials: 1 teaspoonful of parsley; 1 cup of white sauce.

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CRAB.

CRAB SCALLOPED.

Method:

Remove the meat from the body and claws of a crab. Add $\frac{1}{2}$ cup fine white breadcrumbs and season with 1 dessert-spoonful of vinegar, and a little pepper and salt. Add $\frac{1}{2}$ cup cream and place the mixture in greased scallop shells. Place small pieces of butter on top and sprinkle with browned breadcrumbs. Heat thoroughly in oven.

Materials: 1 crab; pepper; salt; $\frac{1}{2}$ cup breadcrumbs; 1 dessert-spoonful of vinegar; $\frac{1}{2}$ cup cream; scallop shells; butter; browned breadcrumbs.

CRAB AU GRATIN.

Method:

Remove the meat from the body and claws of a crab, and season with pepper, salt, pinch of mustard, and 1 teaspoonful vinegar. Grease a piedish, sprinkle with white breadcrumbs, and lay in seasoned crab; cover with white sauce, then with white breadcrumbs. Place a small piece of butter on top, and sprinkle with browned breadcrumbs. Heat thoroughly in oven.

Materials: 1 crab; pepper; salt; pinch of mustard; 1 teaspoonful vinegar; white breadcrumbs; white sauce; butter; browned breadcrumbs.

CRAB SALAD.

Method:

Remove the meat from the body and claws of a crab. Mix together two tablespoonfuls of tarragon vinegar, 1 tablespoonful salad oil, and season with pepper,

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cayenne, salt, and a pinch of mustard, then mix lightly through crab meat. Make a bed of finely-shredded lettuce in salad bowl, then put in crab meat, and garnish with slices of beet, tomato, and hard-boiled egg.

Materials: 1 crab; 2 tablespoonfuls tarragon vinegar; 1 tablespoonful of salad oil; pepper; cayenne; salt; pinch of mustard; lettuce; beet; tomato; and a hard-boiled egg.

CRAB IN SHELL.

Method:

Remove meat from body and claws of a crab, and season with vinegar, pepper, salt, and cayenne. Clean the large shell, put mixture in, and lay shell on a bed of finely cut lettuce, then garnish with lemon and parsley and hard boiled egg (cut white and sprinkle over top, rub yolk through sieve, and allow to fall on white).

Materials: 1 crab; vinegar; pepper; salt; cayenne; shell; lettuce; lemon; parsley; and hard-boiled egg.

DEVILLED CRAB.

Method:

Mix into half a cup of white sauce 2 teaspoonfuls of anchovy, 1 tablespoonful of tarragon vinegar, and season with salt, cayenne, pepper, 1 teaspoonful mixed mustard. Mix lightly through meat from body and claws of crab. Put crab shell into a piedish, sprinkle with browned breadcrumbs, and place small pieces of butter on top. Heat through.

Materials: 1 crab; $\frac{1}{2}$ cup white sauce; 2 teaspoonfuls of anchovy; 1 tablespoonful of tarragon vinegar; salt; cayenne; pepper; 1 teaspoonful mixed mustard; browned breadcrumbs; butter.

The teapot purrs when full of **ROBUR.**

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FISH AS FOOD AND FISH COOKERY.

POTTED CRAB.

Method:

Remove the meat from the body and claws of crab; break down or mince very finely, and season with cayenne and powdered mace, with sprinkling of salt and pepper, after which mix through a tablespoonful of melted butter. Press the mixture into buttered pots, and cover with melted butter; bake in a moderate oven for half an hour.

When cold, pour over a little melted butter.

Materials: Crab; cayenne; powdered mace; salt and pepper; butter.

ASPARAGUS WITH CRAB.

Method:

Remove crab meat from shell. Wash, scrub, and polish shell, and place same on bed of finely-cut lettuce on a shallow dish. Mix crab meat with $\frac{1}{2}$ cup of asparagus puree. Place mixture in shell, pour remainder of puree over meat and shell, and decorate with quarters of hard-boiled egg and asparagus tops.

Place in ice chest and serve cold.

FOR ASPARAGUS PUREE.

Melt butter, add flour, and stir well. Then add milk and yolks of eggs, and bring to boiling point, stirring continually. Add tarragon vinegar, cream, mixed mustard, cayenne pepper, and salt, also half heads of cooked asparagus.

TO COOK ASPARAGUS.

Wash asparagus in salt and water, tie in bundles, and place in a saucepan of boiling water. Add salt and soda, and boil without the lid till tender, then drain.

"Four o'clock! Oh, dear, I must have my cup of ROBUR."

FISH AS FOOD AND FISH COOKERY.

For Puree: 1 tablespoonful of butter; 1 tablespoonful of flour; 1 cup of milk; yolks of 2 eggs; 1 tablespoonful of tarragon vinegar; 1 tablespoonful of cream; $\frac{1}{2}$ teaspoonful mixed mustard; $\frac{1}{2}$ teaspoonful salt; 1 pinch of cayenne pepper; heads of $\frac{1}{2}$ bunch of asparagus.

For Asparagus: 1 bunch of asparagus; 1 teaspoonful of salt; 1 pinch of carbonate of soda.

Note.—1 small tin of asparagus may be used instead of 1 bunch of cooked asparagus.

CRAB KEDGEREE.

Method:

Flake the crab. Melt butter in saucepan and heat the crab in butter. Stir in cooked rice, salt, pepper, and grating of nutmeg, then add chopped white of egg, and heat thoroughly.

Serve on dish, having previously added grated yolk of hard-boiled egg.

Materials: Crab; $\frac{1}{2}$ oz. of butter; 2 oz. cooked rice; 1 hard-boiled egg; salt; pepper; grating of nutmeg.

CRAB KROMSKIES.

Method:

Take same mixture as for Crab Rissoles (referred to on next page), and form into small rolls. Roll in bacon, cover with batter, and fry in hot fat.

Materials: $\frac{1}{2}$ lb. cold cooked crab; 1 egg; $\frac{1}{4}$ lb. cooked rice; $\frac{1}{4}$ cup breadcrumbs; 1 teaspoonful parsley; 2 thin slices cooked ham; 1 cup batter.

ROBUR TEA—every leaf a good one.

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FISH AS FOOD AND FISH COOKERY.

CRAB RISsoles.

Method:

Break up cooked crab into flakes and add breadcrumbs, yolk of egg, rice, parsley, salt, and pepper. Then form into small balls, dip in beaten white of egg, and roll in browned breadcrumbs. Fry in smoking fat.

Materials: $\frac{1}{2}$ lb. cooked crab; $\frac{1}{2}$ cup cooked rice; $\frac{1}{2}$ cup browned breadcrumbs; 1 dessert-spoonful chopped parsley; 1 egg; 1 tablespoonful flour; $\frac{1}{2}$ cup white breadcrumbs.

CRAB LOAF.

Method:

Break crab into small pieces in a bowl; add breadcrumbs, salt, pepper, tomato sauce, and egg, and mix well with a wooden spoon. Turn out on a floured board and knead into a compact roll; then tie up in a cloth and plunge into a saucepan of boiling water. Boil for an hour, then lift out of saucepan, and allow to cool. Serve on a bed of finely-cut lettuce; garnish with slices of tomato or hard-boiled egg.

Materials: 1 cup breadcrumbs; 2 tablespoonfuls sauce; pepper; salt; 1 egg; 1 crab.

CRAB CUTLETS.

Method:

Heat the butter in a saucepan, add flour, then add milk, flaked crab, white breadcrumbs, salt, and pepper. Lift out small pieces, roll in flour, dip in egg, and cover with browned breadcrumbs. Form into cutlets and fry in smoking fat.

Materials: 1 crab; 1 cup white breadcrumbs; 1 dessert-spoonful flour; 1 dessert-spoonful butter; salt; pepper; egg; $\frac{1}{2}$ cup browned breadcrumbs.

Note.—Shrimps or prawns mixed with cold crab may be used. Cold or tinned crab may be used. Mashed potatoes or cold boiled rice may be used instead of breadcrumbs.

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FISH AS FOOD AND FISH COOKERY.

CRAB WITH RICE OR POTATOES.

Method:

Remove crab from shell, and put a layer thereof in a greased piedish. Cover with a layer of rice or potatoes, salt, pepper, and vinegar. Continue this process until the dish is full; then cover with greased paper, and bake for $\frac{1}{2}$ hour.

Materials: 1 crab; 1 cup cooked rice or mashed potatoes; $\frac{1}{2}$ teaspoonful salt; pinch of pepper; 1 tablespoonful of vinegar; 1 teaspoonful dripping.

CRAB AND CAPER EGGS.

Method:

Cut the hard-boiled eggs in half lengthways, and remove yolks. Flake the crab finely, add capers, also pepper, salt, sugar, butter, vinegar, and yolk of hard-boiled egg, and mix well. Fill the whites of egg with mixture, and serve on lettuce leaves with mayonnaise.

Materials: 1 tablespoonful of crab; 2 hard-boiled eggs; 8 capers; pinch of pepper; salt; 1 teaspoonful butter; 1 teaspoonful vinegar; 4 lettuce leaves.

Note.—Celery may be used instead of capers.

FOR SALAD DRESSING—MAYONNAISE.

Method:

Beat yolk of egg, adding the oil drop by drop. Season with cayenne pepper and salt, and add mixed mustard and vinegar.

Materials: Yolk of 1 egg; 1 tablespoonful lucca oil; cayenne pepper; salt; $\frac{1}{2}$ teaspoonful mixed mustard; 1 tablespoonful of tarragon vinegar.

ROBUR TEA for that headache.

APPENDIX.

RABBIT BAKED WITH ONIONS.

Method:

Wash the rabbit and cut into pieces convenient for serving. Slice 4 onions, and cut $\frac{1}{4}$ lb. bacon into short slices. Line a piedish with sliced onions, sprinkle with pepper and salt, then lay on pieces of rabbit, and cover with slices of bacon. Continue in this way until material is used, then pour over a pint of stock, cover down closely, and bake in a moderate oven 2 hours.

Materials: Rabbit; 4 onions; $\frac{1}{4}$ lb. bacon; pepper; salt; 1 pint of stock.

RABBIT JUGGED.

Method:

Wash and dry rabbit, and cut into neat joints, then fry in a tablespoonful of hot butter until brown. Place the rabbit in a jar or stewpan with a teaspoonful salt, also pepper, an onion, 2 cloves, a glass of port wine, and juice of $\frac{1}{2}$ lemon. Add $1\frac{1}{2}$ pints of stock, and stand in an oven for 3 hours, then allow to cool. Slowly lift rabbit out, thicken the gravy and pour over rabbit. Serve fried forcemeat balls round.

Materials: Rabbit; butter; salt; pepper; onion; 2 cloves; 1 glass of port wine; juice of $\frac{1}{2}$ lemon; $1\frac{1}{2}$ pints stock; fried forcemeat balls.

RABBIT PIE.

Method:

Boil rabbit for $1\frac{1}{2}$ hours gently, then cut into neat joints. Place a layer in a piedish, sprinkle with pepper and salt, and cover with bacon cut in thin slices, slices of hard-boiled eggs, and forcemeat balls. Continue until dish

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RABBIT AS FOOD AND RABBIT COOKERY.

is full. Cover with a puff pastry, and bake in a good moderate oven $\frac{1}{2}$ an hour.

Materials: Rabbit; pepper; salt; bacon; egg; forcemeat balls; puff pastry.

RABBIT BOILED.

Method:

Cut rabbit into neat joints and place in boiling water. Then add a sliced onion, carrot, half a turnip, salt, and pepper; cook gently for 2 hours.

Serve on a hot dish covered with a white onion, or parsley sauce, and serve with it boiled bacon.

Materials: Rabbit; onion; carrot; half a turnip; salt; pepper; parsley or onion sauce; boiled bacon.

CURRIED RABBIT.

Method:

1. Wash rabbit, dry and cut into neat joints.
2. Heat a tablespoonful butter in a saucepan.
3. Fry rabbit until lightly browned; remove rabbit.
4. Add 1 sliced apple and 1 onion. Fry five minutes.
5. Add a full dessert-spoonful of curry powder, and fry for further five minutes.
6. Add a tablespoonful of flour, pepper, salt, and a quart of stock; bring to boil.
7. Add the rabbit and let simmer for two hours, then add the juice of half a lemon.
8. Serve rabbit in centre of dish, with gravy strained over, and boiled rice round, or can be served separately.

Materials: Rabbit; butter; 1 apple; 1 onion; 1 dessert-spoonful curry powder; 1 tablespoonful flour; pepper; salt; 1 quart stock; half a lemon; boiled rice.

Now take a cup of **ROBUR TEA.**

RABBIT AS FOOD AND RABBIT COOKERY.

ROAST RABBIT.

Method:

Stuff the rabbit with forcemeat, sew up the opening and truss. Cover the back with slices of bacon, baste well with hot dripping, and continue roasting for one hour. If not basted constantly the flesh will become dry. Serve with browned gravy and fried bacon.

Materials: Rabbit, forcemeat; slices of bacon; dripping.

RICH RABBIT STEW.

Method:

Divide the rabbit into small joints; wash and dry. Heat 1 tablespoonful butter in a saucepan; add a sliced onion, 2 slices bacon cut into dices, and fry till brown; remove to a plate. Add joints and fry till brown, then sprinkle with flour, add browned onion and bacon, also pepper and salt. Next add 1 pint of stock, and stew gently until rabbit is tender. Serve in centre of dish with brown gravy.

Materials: Rabbit; 1 tablespoonful butter; 1 sliced onion; 2 slices bacon; flour; pepper; salt; 1 pint of stock.

RABBIT WITH SAVOURY RICE.

Method:

Wash and dry the rabbit thoroughly and divide into neat joints. Heat 2 oz. of butter in a saucepan, add 2 sliced onions, and cook gently until browned. Wash $\frac{1}{2}$ lb. rice, and add to the onions and butter. Stir over fire for ten minutes, then cover with 2 pints boiling stock and let simmer gently. Fry the rabbit in a little butter, add to the stewpan with the rice, and continue to cook slowly for 2 hours. Add a little more stock, and stir to prevent rice sticking.

Pile rabbit on top of rice when serving.

Materials: Rabbit; 2 oz. butter; 2 onions; $\frac{1}{2}$ lb. rice; 2 pints of stock.

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RABBIT AS FOOD AND RABBIT COOKERY.

FRICASSEE OF RABBIT.

Method:

Cut the rabbit into neat joints, wash, and place in a stewpan, adding enough white stock to cover, then bring to boiling point. Add 2 onions sliced, 1 carrot, half a turnip, 1 finely-cut stick of celery, salt, pepper; and cook slowly for $1\frac{1}{2}$ hours. Next add 1 cup of milk, and let simmer for half an hour longer.

Lift rabbit out into middle of dish, straining over same the liquid it was cooked in. Add to it blended flour, return to saucepan, and bring the mixture to the boil. Replace the rabbit, heat through, and season nicely.

Materials: Rabbit; white stock; 2 onions; 1 carrot; half a turnip; stick of celery; salt; pepper; 1 cup of milk; flour.

RABBIT PATTIES.

Method:

Mince the remains of cooked rabbit; add $\frac{1}{4}$ lb. bacon or ham, or cut both meats into small dice, and season with salt and pepper, also 1 tablespoonful flour. Moisten with stock or milk, and bring to boiling point. Have some patty pans lined with paste, and fill with the meat, then put on the covers, and brush over with egg, and bake in a moderately hot oven for twenty minutes to half an hour.

Materials: Rabbit; $\frac{1}{4}$ lb. bacon or ham; salt; pepper; 1 tablespoonful flour; stock or milk; paste; egg.

RABBIT SERVED COLD.

Method:

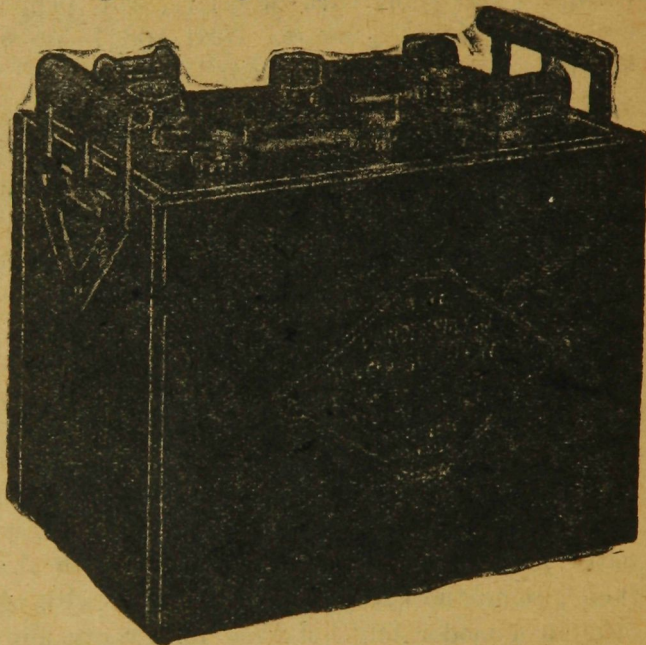
Wash the rabbit, cut into neat joints, and place in stewpan with enough milk and water to cover. Add 2 sliced onions, a piece of parsley, pepper, and salt, and let simmer gently for 2 hours or until quite tender. Strain liquor in which it was cooked, and make into a thick white sauce. Coat each joint with sauce, and arrange on a bed of cut lettuce. Garnish with tomato.

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TURTLE: HOW TO PREPARE IT FOR THE TABLE.

TURTLE.

How to Prepare it for the Table.

The value of turtle flesh and soup—the latter a much-sought-after delicacy on the Continent—is not generally recognised here, and it is for the purpose of better acquainting the public with regard to the best methods to follow in the matter of preparing this class of food for table that this is issued.

NOTE.—Re PREPARATION OF TURTLE SOUP.

Should all of the ingredients required be not then available, a delectable soup can be made with such as are obtainable, though necessarily it will not be true Turtle Soup.

GENERAL NOTES.

1. To prepare the head, fins, and shell for cooking, they must be—

(a) Thoroughly washed.

(b) Put into a saucepan of boiling water.

(c) Boiled for 5 minutes or until the skin can be removed from the head and fins and the surface scraped off the shell; water to be thrown away.

2. Cover again with fresh water.

3. The green fat must be separated from the flesh and shells; it should be cooked in a separate pan for 10 minutes, care being taken that it does not become brown.

4. Turtle soup is often made from sun-dried turtle and tinned fat.

A cup of ROBUR at eleven, very soothing.

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as 25s. anywhere else.

TURTLE: HOW TO PREPARE IT FOR THE TABLE.

TURTLE SOUP.

Method:

1. If the head, fins, or shell are to be used, prepare as in Note 1 (Page 71).
2. Cut flesh away from bones and divide into convenient pieces.
3. Put all into the water referred to in Note 2.
4. Add carrots, turnips, eschalots, mixed herbs, onions, cloves, peppercorns, slice of ham, knuckle veal, sugar, and salt.
5. Boil for 6 hours; lift out the flesh.
6. Set it aside till it is cold; cut it into cubes.
7. Put cubes into a soup tureen; add wine.
8. Strain the stock from the bones; skim it carefully.
9. Melt butter in a saucepan; add flour and sugar, stirring till the mixture is smooth.
10. Add the stock gradually; boil for 15 minutes, stirring continuously.
11. Add cayenne; skim carefully; add lemon juice.
12. Pour soup over the flesh in the tureen; add cooked green fat, cut into dice.

Utensils: Large saucepan; stewpan; knife; tureen.

Materials: 4 lb. fresh turtle; 8 quarts of water; 4 carrots; 1 turnip; 4 eschalots; 1 teaspoonful sugar; 1 bunch mixed herbs, thyme, marjoram, and sage; 1 teaspoonful peppercorns; 1 clove of mace; 1 onion, stuck with 6 cloves; cayenne; salt; 1 wineglassful chablis or madeira; 1 slice ham; 1 knuckle veal; 1 lemon.

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TURTLE: HOW TO PREPARE IT FOR THE TABLE.

CLEAR TURTLE SOUP.

SUN-DRIED TURTLE.

Method:

1. Take 1 lb. of sun-dried turtle and allow it to soak for three (3) days in cold water, changing water daily.
2. Then boil, for period of 10 to 12 hours, with good stock, including all kinds of vegetables—such as for each quart—1 stalk celery, 1 carrot, 1 turnip, 1 leek, 2 bay leaves, 2 onions, and the following herbs—marjoram, thyme, parsley, mace, and peppercorns.
3. As the latter reduce by boiling, add further supply of stock.
4. When the turtle is cooked, strain off the stock.
5. Remove any fat, and clarify as in turtle soup.

SAVOURY TURTLE PIE.

Method:

1. Mince the remains of cooked turtle.
2. Add a minced onion, pepper, salt, also one teaspoonful of minced herbs, and sprinkle with flour.
3. Put the mixture into a saucepan, adding water in the ratio of one cup of water to two cups of minced turtle, and bring to the boil.
4. Line a plate with a layer of mashed potato or short pastry.
5. Then spread mince thereon, after which cover with mashed potato or short pastry.
6. Bake in moderate oven for $\frac{1}{2}$ hour.

Add a cup of No. 1 Grade ROBUR TEA.

TURTLE: HOW TO PREPARE IT FOR THE TABLE.

GRILLED TURTLE STEAK.

Method:

1. Cut thin uniform steaks of turtle flesh.
2. Place same on a dish; sprinkle each with lemon-juice or vinegar.
3. Brush over each piece with melted butter or olive oil.
4. Allow the steaks to stand for 1 hour to 1½ hours, after which place on a well-buttered grill.
5. Grill until cooked on both sides.
6. Serve with turtle sauce.

Utensils: Knife; dish; lemon-squeezer; brush; saucer or tin; grill.

Materials: Turtle steaks; about 1 teaspoonful of warmed butter or olive oil and ½ teaspoonful of lemon-juice to each steak.

BRAISED TURTLE STEAK.

Method:

1. Cut turtle steak into fillets, each two inches long.
2. Roll each piece in flour, to which pepper and salt is previously added.
3. Then brown quickly in frying pan, in which a small piece of butter has been melted.
4. Put browned steak into saucepan, adding bacon, carrots, turnip, onion, pepper, salt, vinegar, and water.
5. Let simmer gently for 3 hours.
6. Serve steak in dish, placing vegetables on top.
7. Strain gravy and thicken.

Materials: 2 lb. turtle steak; 2 slices bacon; 3 carrots; 2 onions; 1 turnip; 1 teaspoonful salt; ¼ teaspoonful pepper; 1 tablespoonful vinegar; 1½ pints water.

ROBUR TEA in four grades to suit all pockets.

TURTLE: HOW TO PREPARE IT FOR THE TABLE.

TO COOK THE UNDER SHELL OR CALIPEE.

Method:

1. Scald the shell so that the surface may be scraped.
2. Put the shell, with the meat attached, into a saucepan, cover with water and boil it 20 minutes for each pound.
3. Take the shell out of the water; slash it deeply in several places.
4. Mix together butter, chopped herbs, parsley, onions, beaten mace, pepper, cayenne, and salt.
5. Put mixed seasoning into each slash; spread a layer over the shell; dust flour over all.
6. Put the prepared shell into a baking tin containing a tablespoonful of water and dripping.
7. Cook in a brisk oven.

Utensils: Saucepan; knife; basin; wooden spoon; baking-tin.

Materials: Calipee or under shell of turtle, with meat and fat attached; 1 tablespoonful butter; 1 sprig each of thyme, marjoram, and parsley; $\frac{1}{2}$ small onion; $\frac{1}{2}$ clove mace; pepper; cayenne; and salt to each pound of turtle.

TO COOK THE BACK SHELL OR CALIPASH.

Method:

1. Scald the shell so that the surface may be scraped.
2. Put the shell, with the meat attached, into a saucepan, cover with water, and boil it 20 minutes for each pound.
3. Take the shell out of the water; slash it deeply in several places.
4. Mix together butter, chopped herbs, parsley, onions, beaten mace, pepper, cayenne, and salt.
5. Put mixed seasoning into each slash; spread a layer over the shell; dust flour over all.
6. Put the prepared shell into a baking-tin containing a tablespoonful each of water and dripping.
7. Cook in a brisk oven.

Quantity talks—**ROBUR TEA** has the largest sale.

TURTLE: HOW TO PREPARE IT FOR THE TABLE.

Utensils: Saucepan; knife; basin; wooden spoon; baking-tin.

Materials: Calipash or back shell of turtle, with meat and fat attached; 1 tablespoonful butter; 1 sprig each of thyme, marjoram, and parsley; $\frac{1}{2}$ small onion; $\frac{1}{2}$ clove mace; pepper; cayenne; and salt to each pound of turtle.

Note.—The shell, if large, may be kept upright in the baking tin by placing supports, such as bricks, at the corners of the pan.

TO COOK THE FINS.

See Directions for Turtle Soup.

Note.—If the fins are to be served as a meat dish, they must not be cut up into small pieces.

Method:

1. When boiled tender, take the fins out of the soup; slash the meat at intervals.
2. Make seasoning as for the calipee.
3. Put seasoning into slashes; put fins into a saucepan.
4. Add stock or gravy.
5. Stew for 30 minutes.
6. Serve on a separate dish.

Utensils: Saucepan (in which soup is cooked); knife; basin; wooden spoon; stewpan; dish.

Materials: Fins; materials for seasoning as given in directions for cooking the calipee; 1 pint stock or gravy.

Notes:

1. The lights and heart may be prepared and cooked in the same way as the calipee; they may be cooked in the back shell, but should be served separately.
2. The liver must be stewed by itself; it may be served with the lights and heart.
3. The intestines are considered by some people to be the best part of the turtle.

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TURTLE: HOW TO PREPARE IT FOR THE TABLE.

TO COOK THE INTESTINES.

Method:

1. Split open the intestines; scrape and clean them thoroughly; cut them up into pieces 2 inches long.
2. Scald the maw or stomach; remove the skin; cut the material up into pieces about 2 inches square.
3. Put all pieces into a stewpan.
4. Add butter, eschalots, thyme, mace, cloves, pepper, cayenne, and salt.
5. Cook slowly for 30 minutes, stirring continually.
6. Add sufficient stock to cover the pieces, and wine if desired.
7. Stew for 5 hours, adding stock when necessary.
8. Skim; thicken with blended flour.
9. Pour into a large piedish; brown in a hot oven.

Utensils: Knife; bowl; stewpan; wooden spoon; piedish; iron spoon; basin.

Materials: Intestines and maw; seasoning in proportion as given in directions for cooking the calipee; $\frac{1}{2}$ pint of stock to each pound of pieces; 1 dessert-spoonful of flour blended with 1 dessert-spoonful of stock to each pound of pieces.

Note.—If a small turtle is being cooked, the stewed intestines may be poured into the cleaned and prepared shell, instead of into a piedish, and browned in the oven.

TURTLE SAUCE.

Method:

1. Melt butter in saucepan.
2. Add ham, cut into small pieces.
3. Fry for a few minutes.
4. Then add sliced vegetables, herbs, and spices.

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TURTLE: HOW TO PREPARE IT FOR THE TABLE.

5. Stir these ingredients over fire for a few minutes.
6. Add flour, and brown carefully.
7. Add stock, tomato pulp, and sherry.
8. Stir the sauce until boiling.
9. Draw the saucepan to side of fire and let simmer for thirty (30) minutes; strain and heat.

Materials: 1 quart turtle stock; 1 oz. raw ham or bacon; 1 oz. butter; 2 oz. flour; 1 carrot; 1 onion; 6 peppercorns; parsley; thyme; bay leaf; $\frac{1}{2}$ cup tomato pulp; $\frac{1}{2}$ glass sherry.

READ WHAT THE ANALYSTS SAY.

With regard to the food constituents of a turtle.—Turtle has a high food value, as its chemical compounds comprise:

Protein (building material)	..	19.84	per cent.
Fat (heating material)	..	0.53	„
Mineral matter (lime, magnesia, phosphorus, sulphur, &c.)		1.20	„
Water	78.43	„

The above analysis proves the value of turtle as a food.

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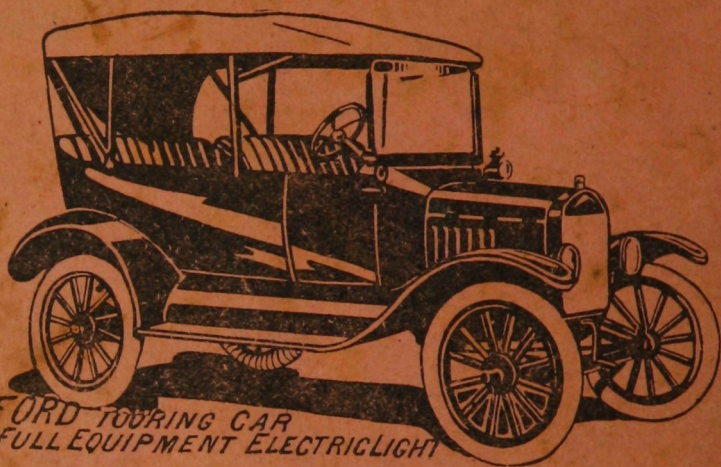
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